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Circular of the Chief Quartermaster of the USSR, No. 2 -- 16 January 1948.

Contents: Announcement: Manual for the cook-instructor of the ground troops in peacetime.

Acting Chief Quartermaster of the armed forces of the USSR, Lieutenant General Vlasov.

#### Introduction

The purpose of "Manual for the Cook-Instructor of the Ground Forces in Peacetime", which is now to be published, is to give practical assistance to the military cook-instructor personnel in the preparation of food.

The Interior Service Regulations of the Armed Forces assigns to the cook-instructor the duty of providing direct guidance in the preparation of food, and hence, the cook-instructor should not only be able to prepare in person tasty, good quality food but also be able to organize correctly the work of the cooks subordinate to him in the "chast". For this reason, along with the correct preparation of food, the "Manual" devotes considerable attention to questions of correct planning of the work of the cooks in the kitchen.

"Manual for the Cook-Instructor" will be useful also to the chiefs of Class I supplies, rations and forage of the troop units, who can get from this manual useful information for themselves.

#### I DUTIES OF THE COOK-INSTRUCTOR

The cook-instructor of the military unit is responsible for all the work of the kitchen. For the preparation of tasty, nutritious, and good quality food the cook instructor should have a conscientious attitude towards his work, know have an excellent knowledge of his occupation and the ability to organize his work and that of the cooks subordinate to him.

He must constantly teach the cooks by personal example how to prepare the food so that it will be tasty, satisfying, and nourishing.

He should know how the soldiers and sergeants appraise the quality of the food, take into account their desires and requests and strive to satisfy them.

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It is a poor cook-instructor who does not go into the mess hall where the soldiers are at breakfast, dinner, or supper and talk with them concerning the quality of the food, who does not find out their opinion and draw for himself the necessary conclusions.

The good opinion of the soldiers and the sergeants concerning the quality of the food is the most important appraisal of the work of the cook-instructor.

The requirements made of the cook:

First -- to prepare tasty food of good quality. The preparation of tasty food is achieved by a strict observance of the rules for the preparation of food, the careful treatment of the food products, the observance of the length of time for boiling and frying and the sequence of placing the products in the boiler, the intelligent utilization of the food products available and of flavoring substances -- laurel leaves, pepper, vinegar, salt, sauteed tubercles (carrots and others). If, for example, we put laurel leaves and pepper into soup while cooking, a long time before the serving of the food, the tasty aromatic substances contained in these condiments and giving to them an agreeable odor and good taste, will evaporate and the food will not have the good taste it would have had. Hence, condiments should not be put in until 5 to 10 minutes before the soup is done.

If raw carrots, parsley, or onions are put in soup, their aromatic taste substances will also evaporate. But when these vegetables are sauteed (spasserovany) in fat, all the aromatic substances in them will be conserved. The soup will have an agreeable odor, a good taste and an attractive external appearance.

Before putting flour into soup, one should roast it a little over a slow fire, with grease or without it, because the taste of the soup may be worsened by the addition of raw flour. Some cooks think that this is additional work that is unnecessary, forgetting that the roasting of the flour to be put in gives to vegetable soups an agreeable taste and color.

Second -- one should give to each soldier and sergeant all the food products prescribed in the apportionment of provisions. The cook-instructor should carry on a hard fight against those cooks who allow illegal supplementary

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issuing of food from the soldiers' boiler to "acquaintances", duty details and others or who prepare for themselves additional dishes at the expense of the soldiers' ration.

The food should be issued uniformly: each soldier and sergeant should receive the same quantity of the first and second dish and also of the same thickness, as all the other soldiers and sergeants.

The meat and fish helpings (portions) should be issued strictly on the basis of weight. The serving of meat by guess should not be permitted.

The cooks should handle food products carefully, be saving with them and allow as little waste as possible in the preparation. Potatoes should be carefully washed and after this peeled in the potato peeler, so as to reduce the amount of waste. Peeling of potatoes by hand should be allowed only with special grooved knives. If we peel potatoes with the usual kitchen knives, this means an increase of waste by 10-15%, which is absolutely forbidden.

The heads, fins, tails, bones and other nutritious tastes from fresh fish should not be thrown away but should be used in the preparation of bouillons. The meat bones should be boiled twice for a total period of not less than 6-8 hours. In order to boil out the bones better, they should be cut up into small pieces before boiling or sawed up with the bone saw.

Third - one should vary the food. The cook-instructor should always vary the food he prepares and remember that even tasty food, if it is the same all the time, will not merit a high appraisal. Man quickly becomes tired of the same foods and, hence, does not assimilate them well. Variety of foods is achieved by employment of different methods in the preparation of the food products, by an intelligent combination of some products with others and by extensive employment of gravies and condiments.

Dishes of French kidney beans and peas should be prepared in a combined form, that is, with the addition of groats, potatoes, or vegetables. Potato puree, stewed potatoes, stewed cabbage, and vegetable ragout should be prepared if possible with meat sauce, because this not only improves the taste and varies the food but it considerably improves and increases its nutritive value and its

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satisfying value as a food.

Fourth - one should see that the food value is utilized to the maximum. The cook-instructor should know the value of the different food substances for nourishment. He should devote special attention to conserving the vitamins, in the preparation of vegetables and in the preparation of other foods. A failure to observe the rules for the conservation and preparation of vegetables and likewise in the preparation of other foods leads to a loss of vitamins and, hence, the foods are not utilized to the full extent. The cook-instructor should teach the cooks how to prepare potatoes and other vegetables for cooking, so as to conserve their vitamin content.

In the springtime, when the vitamin content of vegetables is reduced, the cook-instructor should exercise care in the preparation of wild and garden green-stuffs and add a little of them to each dish. This not only increases the vitamin content of the foods but it gives to them a more agreeable external appearance and improves their taste.

The cook-instructor should, together with the manager of the mess hall, plan with the kitchen a small vegetable garden for the raising of fennel, parsley, spring onions and other greenstuffs in order to improve the quality of the soldier's rations. To care for the garden he should make use of the cooks in their spare time and of the civilian contract personnel.

Fifth - one should observe strictly the sanitary-hygienic rules for the preparation of food. A strict observance of the sanitary-hygienic rules in the preparation of food products is the most important task of the cook-instructor.

The food should not only be tasty and nutritious but also of good quality and wholesome. Foods prepared without the observance of sanitary-hygienic rules may cause harm and bring about stomach and intestinal diseases.

This is why the cook-instructor must, first of all, know thoroughly the sanitary-hygienic requirements for the handling of the food products and the rules of personal hygiene, meet them fully and require the same of the cooks and operating personnel.

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-- He must keep the kitchen premises, the storeroom, the kitchen inventory, equipment, and the kitchen work clothes irreproachably clean and strictly discipline the cooks violating these rules.

He should devote special attention to preventing the meat and fish from spoiling and becoming contaminated while stored and while being dressed, because meat and fish spoil very easily, especially in the summer.

One should supervise constantly and attentively the proper conservation up to the time of serving, of the meat and fish portions; and also the foods left for "consumption" (rashod). One should never place this responsibility upon the junior cook. One should always check personally to see how the meat and fish products and the foods for "consumption" are keeping and how they are protected against spoiling.

Before serving the meat portions, the cook should boil them thoroughly in a bouillon. One must not issue food that has been kept for more than 4 hours.

The cook-instructor must always remember that he bears full responsibility for the quality of the food.

### III. ORGANIZATION OF MESSING IN THE MILITARY (CHAST) - UNIT (REGIMENT OR SEPARATE BATTALION) AND THE DUTIES OF THE PERSONNEL IN MESSING.

The preparation of food for the soldiers and sergeants under stationary conditions is carried out as follows: in the regiment -- in the regimental kitchen - mess hall or, in the separate battalion -- in the battalion kitchen-mess hall.

In the regiments or separate battalions, messing under the basic military norm, for breakfast and supper one prepares a warm dish for each of these meals and for dinner (lunch), 2 warm dishes.

When meals are served in the mess hall in 2 groups, the food is prepared separately for each group. Tea is prepared twice a day: in the morning and in the evening. The interval between meals as a rule should not exceed 6 hours, the time for the serving being fixed by the commander of the unit in the daily schedule.

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The apportionments of provisions are drawn up daily by the chief of Class I supplies, rations and forage, with participation of the senior surgeon and the cook-instructor. The cook-instructor must prepare the list of dishes which he wishes to include in the apportionment for the next week. The approximate apportionment of provisions and the time indications as to the order of drawing them up are given in the circular of the Chief Quartermaster of the armed forces of the USSR No. 8 -- 1947.

The control of messing in the regiment is exercised by the officials and public servants of the regiment in accordance with the Internal Service Regulations of the Armed Forces of the USSR.

The cook-instructor (or senior cook) (Pages 117 and 118 of the Internal Service Regulations of the Armed Forces).

The cook-instructor is subordinate to the chief of Class I supplies, rations and forage, of the regiment and is responsible for the quality and the timely preparation of the food and the uniform issue of it in accordance with the established norms.

He must:

- in the presence of the kitchen duty officer, personally receive the food products from the food warehouse of the unit and check the weight, separately for breakfast, dinner, and supper, and also their quality;

- know the number of men on a mess status and the requests of the senior officer of the company for the leaving of food for the absent on service details;

- concern oneself with the reduction of waste in the preparation of food products;

- see that the food products put in the pots weigh precisely what they should and that the weight of the meat and fish portions agree with the weight specified in the apportionment of food products; note on the "control sheet" the quantity of food products placed in the pot;

- require strict observance by the cooks and the rest of the personnel, during the time they work in the kitchen, of the rules for personnel hygiene, especially in the preparation of food, and that they wear special clean clothes;

- teach the cooks how to prepare the products for cooking, and how to cook

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them; distribute the cooks among the shifts in the proper manner and direct their work;

- direct the work of the soldiers assigned to prepare the food products for cooking;

- participate in the drawing up of the apportionment of the food products;

- supervise the conservation and the keeping clean of the kitchen inventory, vessels, and mechanical equipment;

- prevent strangers from coming into the kitchen;

- report daily to the chief of Class I supplies, rations and forage, of the unit concerning the operation of the kitchen and receive from him the instructions for the following day.

The kitchen duty officer (pages 283, 284 of the Internal Service Regulations of the Armed Forces)

The kitchen duty officer is appointed from the best educated and most efficient (with best service record) sergeants. He is subordinate to the duty officer in the regiment and to the latter's assistant, and he is responsible for the timely serving of the food in accordance with the prescribed norms and for the maintenance of order in the kitchen.

All the daily detail assigned for work in the kitchen and the cooks working in the kitchen are subordinate to him.

His duties are the following:

- to know the number of men on a mess status;

- to be present when the food products are received by the cook-instructor and see that there is no shortage in weight and that the food is of good quality (the quality of the products is determined jointly with the surgeon or medical assistant);

- to supervise the preparation of the food products for cooking, making sure that the dressing of the meat and fish is done only by the cooks;

- be present at the time of the placing of the food products in the pot and see that the weight of products put in the pots is precisely that prescribed in the apportionment;

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-- to be present at the time of the taking of the meat (or fish) from the pot, see that it is properly cut up into portions, know the weight of the meat and fish portions, and also check the correctness of the notations on the control sheet;

-- to exclude from kitchen work soldiers who have not passed the medical inspection, and also see that they observe the rules of personal hygiene while they are working;

-- to distribute the kitchen work among the soldiers assigned for this task;

-- to see that the kitchen is cleaned up in time and kept clean throughout the day;

-- to supervise the timely collection of the waste after the preparation of the products for cooking and see that the rooms adjoining the kitchen are kept clean;

-- to supervise the timely and correct distribution of the food and the precise observance of the proper sequence in the serving of the food to the small units;

-- to see that the kitchen and dining room vessels are always clean, in good repair, and that the food supplies are kept clean and in order;

-- to leave the "consumption" ("raskhod") foods requested by the senior officer or the duty officer of the company;

-- to not allow any strangers into the kitchen;

-- to report any disorder to the regimental duty officer or his assistant;

-- in case of a visit to the kitchen premises of the immediate chiefs, the representative of the commander of the regiment in charge of supplies or the regimental duty officer or his assistant, one should make a report, as for example: "Comrade Colonel, for lunch we are preparing shchi (cabbage soup) with meat and buckwheat porridge with meat. The weight of the portion (what it is). During the time I have been on duty nothing has happened (or such and such thing has happened). The duty officer for the kitchen, Sergeant Gromov".

The senior of the shift of cooks.

The senior of the shift of cooks is appointed by the chief of Class I

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supplies, rations and forage, upon the motion of the cook-instructor; from the senior cooks and in the absence of them -- from the most experienced and best cooks in the regiment or independent battalion. During the time of his duty, the senior cook is over the junior cooks working in his shift.

The senior of the shift of cooks is directly responsible for the proper preparation of the food by the cooks of his shift and its uniform distribution (serving) in accordance with the norms of issue approved in the apportionment of provisions. This in no way relieves the cook-instructor from his responsibility for the good quality and timely preparation of the food and the uniform distribution of it in accordance with the established norms.

When the senior of the shift of cooks goes on duty, he draws up a list of the work in the kitch and distributes the work among the cooks; from the preceding shift he receives a list of kitchen equipment, inventory, vessels etc and supervises their conservation and correct employment. He should be present when the food products are received by the cook-instructor at the food warehouse, and in his (the cook-instructor) absence he receives them and issues them to the cooks for preparation. The food products are received and issued on the basis of weight, the presence of the one on duty in the kitchen being obligatory. He must know thoroughly the culinary rules for the preparation of food and require a strict observance of them by the cooks. He must require that the cooks be economical and cautious in the employment of the products, that they reduce the waste during preparation and that they employ the offals (heads of fish, bones, etc). The placing of the food products in the pot and the removal of the boiled meat from the pot is done personally by the cook in the presence of the one on duty in the kitchen and, by weight. The placing of food products in the pot and the pouring in of water by "visual estimate" are forbidden. The cutting up of the portions of meat and fish is done in person, by weight, so that the weight of the meat and fish portions may equal the weight approved in the apportionment of provisions.

In the preparation of the foods the senior of the shift of cooks tastes the food and if necessary be takes timely steps to improve the taste of it. He must

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see that the food is prepared on time and that there is no delay in the serving. The serving of the food should be uniform, in accordance with the prescribed rates of issue in the apportionment.

He should pay special attention to the strict observance, by the cooks, of the sanitary-hygienic rules for the preparation of food products and the cooking of food, and remember at all times that a failure to observe the sanitary-hygienic rules and the rules for personal hygiene may cause the spoiling of the food and food poisoning. Before serving the meat portions, they must be cooked thoroughly in boiling bouillon.

The senior of the shift of cooks, during the time he is on duty, is subordinate to the duty officer of the kitchen.

#### Cook

The cook, during the time he is on duty, is subordinate to the senior of the shift of cooks.

When he goes on duty, he must prepare a place of work, that is, he must select the necessary equipment and vessels for work, receive instructions from the senior of the shift of cooks as to what work he is to do and strictly observe the rules for the culinary preparation of the food products and the cooking of the food and also the rules for the conservation of the vitamin content of the foods. He must know the norms for the rations, what quantity of food products is prescribed for the dish, the norms for the waste of food products in preparation for cooking and the norms for the yield of the prepared food, rules for the employment and care of the kitchen equipment, vessels, capacity of the pots, buckets and kitchen utensils. He should always be clean, neat, and carry out strictly the rules of personal hygiene and sanitary-hygienic requirements in the "processing" (preparation for cooking) of food products and in the cooking of the food.

#### The daily kitchen detail

The daily kitchen detail is subordinate to the duty officer of the kitchen and is assigned for doing the secondary work in the kitchen and in the dining room. The daily detail does the following work:

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- the cleaning up of the premises of the kitchen and dining room;
- the sawing and splitting of wood and the heating of the oven;
- the washing of the kitchen inventory, equipment and vessels;
- the peeling of potatoes and the cleaning of vegetables;
- the bringing up of water for preparing the food, and other work ordered by the one on duty in the kitchen.

The daily detail is not employed for the dressing of meat and fish, the cooking of the food and the distribution of it.

The kinds and sequence of the work and the distribution of the daily detail for its accomplishment are determined by the kitchen duty officer jointly with the cook-instructor.

Before the beginning of the work the daily detail must pass a medical examination. Without a medical examination the daily detail may not be allowed to work.

### III. PLANNING OF THE WORK OF THE COOKS IN THE KITCHEN.

Work in the military kitchen is done throughout the day by shifts, 2 or 3, hours depending upon the cooks available, 12 or 8/ for a shift or shifts lasting 24 hours.

For each shift of cooks there is appointed a senior of the shift. The cook-instructor, as a rule, is not considered to be a member of a shift but directs the work of all the shifts. It is only in exceptional cases, in the absence of experienced senior cooks of the shift, that the cook-instructor performs the duties of the senior of one of the shifts. The composition of the shift is approved by the chief of Class I supplies, rations and forage, of the unit.

Usually cooks work for 24 hours in a shift, going on duty with the daily detail, and complete their work on the second day after supper. In such a system of work, the cooks, during the 24 hours, do not have any rest and this has a harmful effect upon their work.

In the military units (regiments and independent battalions), messing on the basis of the soldier's ration, it is best to plan the work of the cooks in 3 shifts, 12 hours to a shift. The first shift of cooks goes to work at 2000 hours.

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At night it prepares the breakfast and completes its work at 0800. The second shift goes to work at 0800 hours, prepares lunch and then supper and completes its work after supper. To the second shift we assign more cooks, because this shift prepares 3 times as many dishes (at lunch 2 dishes and at supper 1 dish). The third shift, which is "resting" during this time, is engaged in military, political, and special training. If necessary, a part of the cooks of this shift may be employed in work preparing the lunch and in serving the food.

If it is necessary to soak salt fish, thaw frozen meat etc, we assign a cook - from the shift charged with this work - before the time this cook is to go on duty.

It is only when there are not sufficient cooks that the work in the kitchen is done in 2 shifts of 24 hours each. In this case, a shift of cooks goes to work with the daily detail, usually at 1800 hours, and completes its work on the next day after the serving of supper. The senior of the shift can allow the cook on duty some rest at night, if this does not interfere with his work and the food can be prepared in time.

The assignment of cooks for work is done by the cook-instructor. He keeps a graph of the details on duty, keeping it hung in the kitchen.

The cook-instructor (the senior cook) must know in person each cook subordinate to him, his name, year of birth, personal characteristics, kind of occupation before military service, family status, successes and failures in military, political and special training, what dish he can prepare independently and what kind of assistance should be given him.

The cook-instructor devotes special attention to work with the senior cooks of the shift, pushing forward in this work the most experienced, conscientious and intelligent cooks. The senior cook usually works independently as the senior of the shift, and, hence, he should know thoroughly everything pertaining to culinary technique and sanitary-hygienic requirements in the preparation of food.

The work of the cooks should always be so planned that they will have time

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for military, political and special (culinary) training, and also for "cultural rest" -- movies, theaters, lessons, etc. The exercises in special culinary training are conducted by the cook-instructor, in accordance with a special program, not less than twice a week, 4 hours for each exercise.

#### IV - PREPARATION FOR RECEIVING THE SHIFT IN THE KITCHEN

Before the beginning of the work of the new shift, the cook-instructor assembles the cooks of the shift, acquaints them with the dishes which they are to prepare, and also with the apportionments, gives instructions and explains how to prepare them. He points out the short-comings in the work of the preceding shift and also explains the work of the excellent cooks who have planned their work in a superb manner and have cooked tasty and nutritious food.

Simultaneously, he checks to see if the cooks know the basic rules for the cooking of foods, chiefly of those dishes which they are going to prepare, and also the sanitary-hygienic requirements for the preparation and conservation of food products which spoil quickly and the rules of personal hygiene. Independently of the morning inspection, he checks to see if the cooks have clean hands and finger nails and if they have on the special dress worn in the kitchen. If cooks are found to be breaking the rules of hygiene, he requires them to make the necessary corrections. He requires that the cooks come to work in clean work uniforms, with clean shoes, shaved, with clean collars and properly trimmed hair.

After completing the briefing, the cook-instructor (or, upon his orders, the senior of the shift), draws up a plan for the sequence of the work in the kitchen, distributes the cooks, informing each one what dish he is to prepare, at what time and in what quantity and on the basis of what apportionment they should be prepared, independently or together with another cook.

The cook-instructor may assign to the senior cook of the shift the additional task of preparing and processing a part of the food products requiring a rather long time for the future shift, for example, to soak salted fish, dry vegetables, beans, etc. These products, in the report to the chief of Class I supplies, are listed ahead of time.

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When the senior cook of the shift goes on duty, he gives instructions to the cooks to receive from the preceding shift a written list of the kitchen vessels, inventory and equipment, and he himself receives the premises, the remainder of the food products, and the cooked food and supervises the reception of the property by the cooks. In each room of the kitchen premises there should be suspended on the wall, in a frame, under glass, a list of the property inventory and equipment for the given room, signed by the manager of the soldiers mess hall.

In case of a shortage of vessels or inventory, one should report immediately to the manager of the soldiers mess hall and to the chief of Class I supplies, indicating the persons to blame for the shortage.

The kitchen premises, the inventory, and the equipment, before being turned over, should be in complete order: the floors, tables, and inventory should be washed with warm water, the equipment (potato peeler, meat cutters, etc) should be taken apart, washed and dried. The kitchen vessels should be cleaned of food remains, washed in warm water, and placed on sets of shelves. The surfaces of the meat cutting block should be carefully cleaned of the remains of meat, dried, and sprinkled well with salt. It is forbidden to wash the meat block with water. The ashes should be removed from the fire-chambers of the range or other source of heat for cooking. All the waste and scraps should be removed from the kitchen premises.

In the reception of the remains of unused food products and the remains of cooked food not distributed in accordance with the requests of the senior commanders it is obligatory that the duty officer of the kitchen and the cook-instructor be present. When they receive the food, they should check the quality of the food that is cooked, determine how long it has been kept and why it was not issued, and for what reasons the food products were not consumed. In case of any doubt as to the quality of the food or its having been kept for more than  $\frac{1}{4}$  hours, one should report to the chief of Class I supplies, food and forage, and call the duty surgeon for a final determination of the question as to the possibility of using it.

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The quantity of food taken over should be noted on the control sheet. The chief of Class I supplies will indicate the method of employing the food (cooked or not cooked) left over from the last shift.

## Distribution of the Cooks and the Daily Detail for the Work.

## Approximate schedule of work for the cooking of lunch

Ser. No.	Kind of Work	Beginning of work	Duration	Termination
		(in hours or minutes)		
<b>I. Cooling of borsch</b>				
1	Boning of the meat and cutting up the bone	6.00	1.00	7.00
2	Placing of the meat and bones in the pot; cooking the meat and bones	7.00	3.00	10.00
3	Washing, cleaning and cutting up of vegetables	8.00	4.00	12.00
4	Taking the meat from the pots	10.00	0.30	10.30
5	Cooling and cutting up the meat into portions	10.30	1.30	12.00
6	Removal of the bone and the straining of the bouillon	12.00	0.30	12.30
7	Putting the cabbage in the pot for the preparation of borsch and cooking. Stewing of beets and the sauteing of vegetables	12.30	0.30	13.00
8	Putting the potatoes in and cooking them	13.00	0.30	13.30
9	Putting in stewed beets, sauteed vegetables, flour, spices, and cooking	13.30	0.15	13.45
10	Making the borsch tasty, testing of the food	13.45	0.15	14.00
11	Serving the dishes	14.00	-	-
<b>II. Preparation of stewed potatoes</b>				
1	Washing and peeling of the potatoes and vegetables	9.00	3.15	12.15
2	Cutting up the potatoes	12.15	0.45	13.00
3	Putting the potatoes in the pot and the stewing of them	13.00	0.45	13.45
4	Taking out samples	13.45	0.15	14.00
5	The issuing of the dishes	14.00	-	-

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The cook-instructor must be present at the turning over and receiving of the new shift and see that the change in shift is carried out in strict order.

Before the beginning of the work in the kitchen, the senior cook should have the following information:

- the number of persons on mess status; the apportionment of products - what dishes, what products and by what time they should be prepared;
- how many potatoes and other vegetables should be made ready;
- in what form the meat and fish should come to the kitchen -- frozen, salted, etc and whether it needs preliminary thawing, soaking of the fish, etc.;
- the amount of wood needed for the heating of the pots and the ranges for the shift -- the quantity of wood prepared (split, sawed); supplies of water for the kitchen.

If there are two cooks in the shift, the senior cook entrusts to one the preparation of the first dishhand to the other the preparation of the second. The senior cook does the most responsible work, for example, the sauteing of the vegetables and flour, the boning of the meat, the cutting up of the portions of meat and fish, the preparation of gravy, etc, that is, the kind of work which, if done properly, will ensure to a considerable degree the preparation of tasty and good quality food.

Before the beginning of the work, he checks the preparation of the places of work of the cooks and sees that the kitchen inventory and vessels are present.

The work place of the cook, depending upon what the cook is to do, should be provided with the following vessels and inventory:

- chopping boards and the cook's knife;
- a measuring vessel and "pot measures" for the measuring of water in the pots;
- a fork for taking the meat from the pots;
- buckets, sifters and sieves for the straining of the bouillions and gravies;
- paddles for stirring up the porridge while it is cooking;
- pots and saucpans for the washing of the groats and the soaking of the legumes;

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- deep griddles and small paddles for the sauteing of the carrots, onions, tomatoes and the stewing of the beets.

The senior cook should estimate the amount of time required by the daily detail of soldiers to assist the cooks in the peeling of the potatoes and cleaning of the vegetables. For this purpose he should know the following:

- the time required for cooking the different food products;
- the average norms for cleaning (peeling) potatoes and other vegetables;
- the time for heating of the pots, ranges and the bringing of the water to a boil;
- how much wood is needed.

For the heating of the pots and the ranges one or two men are assigned from the daily detail.

The wood should be made ready, sawed, and split by the preceding shift, so that there will be no interruption in the heating, and hence, each shift of the daily detail prepares wood for the shift that is to follow.

Below we give the approximate schedule for the distribution of the daily detail for work in the kitchen. For example, we must prepare in one shift borsch with meat and stewed potatoes for 500 men.

The average norms for dressing of vegetables for 1 man for 1 hour:

Peeling of potatoes	7 kg
Dressing of cabbage	80 kg
Dressing of beets or carrots	8 kg
Dressing of onions	7 kg
Cutting up of potatoes	21 kg
Cutting up of cabbage	40 kg

We now consider the labor requirement for the peeling of potatoes and fruit.

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The following vegetables are prescribed in the apportionment:

	for 1 man	for 500 men
For preparation of borsch		
Cabbage	100 g	50 kg
Potatoes	150 g	75 kg
Beets	100 g	50 kg
Carrots	15 g	7.5 kg
Onions	10 g	5 kg
In stewed potatoes		
Potatoes	350 g	175 kg
Onions	10 g	5 kg
Carrots	15 g	7.5 kg

The total that must be cleaned is 250 kg of potatoes, 50 kg of cabbage, 50 kg of beets, 15 kg of carrots and 10 kg of onions.

We find the approximate requirement for labor in hand cleaning (or peeling) by the use of the following norms:

Potatoes                     $250 \text{ kg} : 7 = 35.7 \text{ hr}$

Cabbage                     $50 \text{ kg} : 80 = 0.6 \text{ hr}$

Beets                       $50 \text{ kg} : 8 = 6.3 \text{ hr}$

Carrots                     $15 \text{ kg} : 8 = 1.9 \text{ hr}$

Onions                     $10 \text{ kg} : 7 = 1.4 \text{ hr}$

Total                       $375 \text{ kg} : 45.9 \text{ hr}$

Consequently, for the cleaning (peeling, etc) of all the vegetables we need to spend 46 hours, if they are cleaned by one man. It is recommended that one start to clean the vegetables not earlier than 4 hours before putting them in the pots, in order to reduce the loss of vitamins and other food substances. In accordance with this, the senior cook of the shift estimates how many soldiers he needs from the daily detail for preparing all the vegetables, this being a more labor consuming work, in order to insure the timely placing of the vegetables in the boiler. This is determined by dividing the time necessary for the cleaning of the vegetables by 4, that is, 11 men.

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The calculation of the labor required for peeling of potatoes with machine peeling.

In estimating the labor required for peeling of potatoes with machine peeling, we take the following as our basis: the waste with machine peeling amounts to 15%, the productivity of the mechanical potato peeler is 120 kg per hour, by hand it is 60 kg per hour. The rate for the final cleaning operation (removal of the eyes) is 18 kg per hour per man.

After peeling in the machine we have in waste  $250 \times 0.15 = 37.5$  kg, consequently, for the final cleaning operation we have  $250 - 37.5$  equals 212.5 kg of potatoes.

One man can remove the eyes in 12 hours ( $212.5 : 18 = 12$  hours).

In order to do the final cleaning of 212.5 kg of potatoes in 4 hours, we need 3 men ( $12:4 = 3$  men).

The mechanical potato peeler will take 2 hours ( $250 \text{ kg} : 120 \text{ kg per hour} = 2 \text{ hours}$ ). Peeling by hand will take 4 hours ( $250 \text{ kg} : 60 \text{ kg per hour} = 4 \text{ hours}$ ).

The cutting up of the potatoes and the vegetables is done by the cooks.

The method of cutting will depend on the use to be made of the vegetables in the given dish.

A daily detail of soldiers is also assigned for the washing of the vessels, the gathering up of the scraps from the table after the serving of the food, if there are no hired civilian personnel for dishwashing and cleaning. The cook-instructor (chief cook) must instruct the soldiers of the daily detail how to wash the dishes and cooking utensils correctly and how to keep from breaking (or damaging) them during the washing.

For the cleaning and washing of the pôts (boilers) after the issuing of the food and for the removal of the scraps from the kitchen, the kitchen duty officer assigns one or two soldiers from the daily detail.

#### VI. REQUIREMENTS FOR THE ARRANGEMENT AND EQUIPMENT OF THE MILITARY KITCHEN AND MESS-HALL

The kitchen and mess hall should be kept irreproachably clean at all times. The ceiling and walls should be plastered and whitewashed. Brick walls should usually be painted with oil paint to a height of 1.5 m. When the walls and

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ceilings become soiled, they should be whitewashed or painted. The floors should be made of concrete or flagstones, with drains for the water.

The illumination in the kitchen and dining room should make possible normal work in all parts of them. A strong illumination should be provided in the room where the cooking is done and in the dining room.

The regimental kitchen-mess-hall should have the following separate rooms (or quarters):

- the cooking room with a distributing place or room;
- for the dressing of the raw meat and the raw fish;
- for the preparation of the cooked meat, cooked fish and for the preparation of the groats, beans, macaroni, etc.;
- for cleaning (peeling) the potatoes and vegetables;
- a wash room for the washing of the kitchen and dining room utensils and a room for the keeping of the tableware and dishes;
- a pantry for the keeping of the food products, with a refrigerator;
- a storage place for bread with the bread cutter;
- a rest room for the cooks;
- a dining room with a cloak room.

In the battalion kitchen certain rooms may be combined. For example, the dressing of the raw meat and fish may be done in one room, but on different tables; the washroom may be combined with the room for the keeping of the dining room vessels. If necessary, the preparation of the cooked meat, the cooked fish, the groats and macaroni can be done in the cooking room, along the wall of which there are set up some separate tables for the cutting of the meat, fish, etc.

The cooking room is equipped with pots (boilers) for the boiling of food, their capacity being 1.2 liters per man for the preparation of the first dishes and 0.6 liters per man for the second dishes. In the absence of boilers, we employ additional pots for the boiling of water for tea, boiling water at the rate of 0.6 liters per man and for the washing of the vessels at the rate of 0.6 liters per man. In the cooking room we must have a range. For the regimental kitchen, we employ range No. 21 having dimensions of 2470 x 1230 cm; for the battalion kitchen -- No. 19, with dimensions of 1740 x 790 cm. Along the wall there

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should be some tables. Over the pots there should be arranged some openings or ducts for the removal of the steam that is formed. The cooking room should have a system of inflow-outflow ventilation or failing this at least a means for escape of the kitchen steam. The exit to the street should have an air lock.

Adjoining the cooking room there is generally a space (room) from which the food is distributed. In the distribution space there should be some separate windows for the issuing of the first and second dishes. The distribution window should have a width of not less than 1.5 m, so that it will not be necessary to form lines, and so arranged that two cooks can hand out simultaneously the first and second dishes separately. Near the distribution windows there should be some tables.

The room for the dressing of the raw meat is provided with tables, the covers of which are overlaid with galvanized sheet iron, with the seams tightly welded, or the covers of the table may consist of marble plates. For the thawing of the frozen meat there should be set up a crosspiece, with hooks, for the suspension of the meat. The hooks should be plated with tin. For the cutting of the meat there should be a block about 0.7 -- 0.8 m high, with a diameter of not less than 0.5 m, of some hard wood (oak, birch, ash, maple) and a meat axe with a case. The axe should be hung on the wall. For the cutting up of the meat, fish, and other food products, we use chopping boards made of hard wood and marked, for example, R M (raw meat), C M (cooked meat), etc. The chopping boards should be kept hanging on the walls. For the washing of the meat and the soaking of the salted meat products (corned beef), we should provide some concrete or sheet iron vats, lined on the inside with plates. For the preparation of ground meat we should have a mechanical meat grinder.

The room for the dressing of the fish is provided with tables, the covers of which are overlaid with galvanized sheet iron or a marble plate and with vats for the washing and the soaking of the salted fish.

In the room for the preparation of the boiled meat, boiled fish, the preparation of the groats, legumes, and macaroni, there should also be tables just as for the dressing of the raw meat, separate chopping boards for the cooked meat, cooked fish and groats, having on them the clear inscription (C M, C F).

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Here, there should be some dining room scales.

The room for the peeling of potatoes and dressing of vegetables should be equipped with bins with compartments for the keeping of potatoes and vegetables, a vegetable washer or vats (or tubs) for the washing of the potatoes and vegetables and separate places for the cleaned potatoes, mechanical or hand potato peeler, vegetable cutter, tables for the cleaning, sorting and cutting up of the vegetables with the chopping boards. The tables in this room should not be covered with galvanized sheet iron. The covers of the table should be made of artificial marble or of wood, capable of being removed. The vats should be of concrete, sheet iron or be enameled, but not of galvanized iron.

An obligatory requirement is the bringing of the water directly from the water pipe into the vegetable washer and potato peeler. In the absence of a water pipe in the kitchen, there should always be a supply of water. The floors should be made of flagstones or concrete and have a drain.

The room for the washing of the vessels should be equipped with separate sinks for the washing of the kitchen and dining room vessels. The sinks (vats) should be of enamel or wood, lined with galvanized iron, with tightly welded seams. The sink (vat) for the washing of the kitchen vessels should have two compartments each at least 1 meter long and 0.8 meters wide. For the dining room vessels there should be three sections each having a length of 0.75 m and a width of 0.6 m, with a tap for hot and cold water and with drains. Inside the sink there should be some wooden gratings for protection of the chinaware against breaking. In addition to the sinks (or vats), the washroom should have some tables for gathering up and washing of the vessels, knives and forks, and some shelves for the keeping of the kitchen vessels. In the washroom or close to it there should be a boiler (for hot water).

In the washroom there should be some metallic buckets or other containers with tight fitting lids for the gathering of the waste and scraps. The washroom should adjoin on one side the dining room and on the other side the kitchen and have a window for receiving the soiled vessels, plates and other dishes.

The room for the keeping of the dining room dishes (and other vessels) should have a washroom alongside it. On one side it should adjoin the dining room and

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have a distributing window for the issue of clean tableware, and on the other side one for passing the dishes to the washroom. The room should be equipped with sets of shelves for the keeping of the tableware and, if it is possible with a special dryer for drying the tableware. The storeroom should be carefully locked.

The pantry for the keeping of the food products should be provided with sets of shelves and cupboards. The feet of the sets of shelves and the cupboards should be covered with a sheet iron "cap" for protection of the products against rodents. In it there should be a refrigerator for the keeping of the portions of meat, fish, and the "consumption" (raskhod) foods. The floor in the pantry should be made of cement or flagstones. The flagstones should be surrounded with iron to a height of 10 cm for protection against rodents.

The pantry should have a good lock and the windows should have a metallic net or grating.

The bread storage space (with the bread cutter) should adjoin the dining room directly and have a distributing window, for the handing out of bread having a width of not less than 1.5 m. It should be equipped with sets of shelves for the keeping of bread and a table for cutting it. The feet of the shelves should be covered with sheet iron "caps" for protection against rodents. On each set of shelves there should be not more than two rows of bread. In order to protect the bread from dust, the shelves should be covered with a clean white fabric. On the table we cut the bread by mechanical means or by hand. Here we also have boards for cutting the bread into portions and some dining room scales. For the issuing of the portions of bread there should be bread trays or plywood boards bordered with laths. The storehouse should be heated and kept locked.

The rest room for the cooks and the service personnel of the mess-hall and kitchen is equipped with individual cabinets with locks for the keeping of the outer clothing. Here, there should also be one or two cupboards with locks in which the manager of the mess-hall can keep the special clothing, soap, soda, towels, clean rags and other objects needed in a household and a wash basin with soap. With the kitchen it is well to have a shower bath with warm water.

The mess-halls should have dining tables accomodating 10 men each, with

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benches. The tables should be covered with oil cloth. On the tables there should be some circular wooden bases for containers with hot food and the tea kettles with tea. In the absence of oil cloth, the tables should be washed each day with hot water. The walls of the dining room should be adorned with portraits and pictures. Before the entrance into the mess-hall there should be a vestibule with a wash basin and a cloak room equipped with hangers.

The approximate list of the kitchen and mess-hall utensils, equipment and kitchen inventory is given in Appendix No. 4.

#### VII. METHOD OF RECEIVING THE PRODUCTS AT THE FOOD WAREHOUSE

The products for the kitchen are received from the food warehouse of the unit, as a rule, separately, for breakfast, lunch and supper. The products requiring a long processing, for example, salted and frozen fish, frozen meat, corned beef, dry vegetables, French kidney beans, etc. are issued to the kitchen beforehand, taking into account the time necessary for processing them.

In the summertime fresh meat and fresh fish must not be received more than 2 hours before the beginning of the work of dressing them.

The waybills for products are received by the manager of the soldiers' mess-hall in the office of the supply section, so that one can take over the products at the warehouse in the daytime, if possible, and so that the manager can personally check the presence of the products listed to see if all are there as prescribed in the apportionment. It is forbidden to list in one waybill the food products to be used for breakfast, lunch, and supper.

At the food warehouse the food products are received by the cook-instructor or by the senior cook and it is obligatory that it be done in the presence of the kitchen duty officer. All the products must be received by weight. In receiving the products one should check their quality and in case of doubt as to the quality, they should not be accepted. Instead, one should report immediately to the Chief of Class I supplies, food and forage, of the unit.

For receiving the products, the senior cook of the shift, when he enters upon his period of duty, prepares the packing (drums or barrels for oil, sacks for the groats, flour, etc.). The packing should be clean. For bringing the products from the warehouse to the kitchen, the kitchen duty officer details the necessary number of soldiers from the daily kitchen detail.

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If the food warehouse of the unit is at a considerable distance from the kitchen, the chief of Glass I supplies, food and forage, details the necessary vehicles for the transport. When the warehouse is located near the kitchen, the food products are transported by hand or by wheelbarrow.

In order to avoid losses or thefts of food products during the transport, the packing should be firmly covered or tied. The drums for the liquids should have lids; the boxes of macaroni, sugar, etc should be tightly covered, and sacks with groats and flour should be tied with cords, etc. During the time of the transport, the cook instructor or the senior cook of the shift accompanies the products to the place of unloading and personally receives them in the pantry of the kitchen.

Fresh meat should be transported in specially equipped meat containers or in boxes lined with galvanized sheet iron, with a cover. It is categorically forbidden to transport meat without boxes, together with other products, in an open motor vehicle or cart.

If the food warehouse is close to the kitchen, the meat is transported in wheelbarrows especially equipped for this purpose, lined with galvanized sheet iron.

In receiving the products from the food warehouse, the cook instructor (or senior cook) signs for them. One copy of the waybill (receipt) is left in the warehouse and the second is given to the kitchen and in accordance with it the products received are listed in the "control sheet".

The food products for the kitchen -- until they are delivered to the cooks -- are kept in a securely closed pantry, the key of which is kept by the cook-instructor or the senior cook of the shift, that is, by the person who received the food products and signed for them at the time of reception. Potatoes and vegetables are placed directly in the room where they are prepared. The frozen meat is thawed out in the meat dressing space, suspended on hooks, and the other products are kept on shelves or sets of shelves.

The issuing of products from the pantry to the kitchen must be done in the presence of the duty officer of the kitchen.

The bread and the sugar are received in the food warehouse of the unit by

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the bread cutter, in the presence of the kitchen duty officer and the manager of the soldiers' mess-hall and is kept in the bread storage place near the mess-hall.

The manager of the soldiers' mess-hall receives each day, in the office of the supply section of the unit, the control sheet listing the products and the prepared food in the kitchen and turns it over to the cook-instructor, who keeps it with him. The office of the supply section gives in it the information concerning the number of persons, on the basis of subunits, messing from the general boiler in the kitchen. The notations on the control sheet showing the products received in the kitchen (including bread and sugar) and what is placed in the boilers are made by the cook instructor (or senior cook) in the presence of the kitchen duty officer.

#### VIII. THE BASIC RULES FOR THE INITIAL CULINARY PROCESSING (DRESSING ETC) OF THE FOOD PRODUCTS

The cook-instructor should know thoroughly the rules for the culinary processing of the products; he should know the norms for the waste and reduce them in every way possible during processing. (The provisional norms for the waste in the processing of food products and the yields of prepared food are given in the Circular of the Chief Quartermaster of the Armed Forces No. 2 1947 and reproduced in Appendix No. 2).

##### DRESSING OF POTATOES AND VEGETABLES

Before we issue potatoes and vegetables from the warehouse to the kitchen, we should sort them and remove the spoiled potatoes or vegetables as well as the trash and pieces of dirt.

It is forbidden to issue to the kitchen potatoes and other vegetables which have not been sorted and the spoiled ones removed, because in this way we increase the waste and reduce the actual amount of food issued.

The waste from potatoes should not exceed, from the fall up to 1 April, 25%; in April not over 30%; in May and June not over 35%; the waste from young potatoes should not exceed 15%. In the case of the rest of the vegetables, the waste should not exceed 15%. If there come to the kitchen potatoes the waste from which, with correct cleaning, is more than the normal, one should report this fact to the chief of Class I supplies, food and forage, of the regiment, who will personally

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check to find out the causes of the increased waste and give orders for the drawing up of a paper for a report to the command.

The best method for cleaning (peeling) potatoes is cleaning with a mechanical potato peeler, because by this means we reduce the waste and lessen the time of peeling. The description and the construction of the hand potato peeler are given in the Circular of the Chief Quartermaster of the Armed Forces No. 6 1946.

The peeling of potatoes by hand is permissible only with special fluted knives. As a result of the special construction of the fluted knife, the thickness of the part cut off does not exceed 1 mm. We are forbidden to peel potatoes with the ordinary kitchen knives.

Before the beginning of the peeling of the potatoes we should wash them in the vegetable washer, in a vat or barrel. In washing potatoes and vegetables by hand, we should mix with a paddle, changing the water 2 or 3 times. The peeling of the unwashed potato by hand leads to the spoiling of the product and when we peel unwashed potatoes in the peeler, it leads to a rapid wearing out of the cutting surface and an increase in the waste.

At each place of work for the cleaning of vegetables there should be a bucket or boxes with handles for gathering up the waste. When the receptacles are full of waste we empty them. It is recommended that we have a special table for the dressing of vegetables.

In order to reduce the waste in the peeling of potatoes in a potato peeler, it is necessary to observe the following rules:

- wash the potatoes in water and sort them in accordance with size, before putting them into the potato peeler, not allowing the peeling of large potatoes together with the small ones;

- do not overload the potato peeler with too many potatoes. On an average we should put into the potato peeler from 6 to 8 kg of potatoes, depending upon the type and dimensions of the machine.

- we should not keep the potatoes in the machine too long. The duration of the peeling of the potatoes in the mechanical potato peeler is 2 -- 3 minutes and in the hand potato peeler 5 -- 8 minutes;

- we should put water into the potato peeler during all the process of

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peeling (in peeling frozen potatoes; we do not put in any water);

-- the removal of the eyes from the potatoes is done with a special fluted or potato knife.

The peeled potatoes, not cut up, should be placed immediately in a tub or barrel with clean cold water. It is forbidden to keep peeled potatoes in the open air without water, because when this is done they turn dark quickly. The potatoes should not be kept in water for more than 4 hours. If we keep the potatoes in water for a longer time they may become sour.

Potatoes and other vegetables should be cut up just before they are placed in the boilers. Potatoes, beets, carrots and other root vegetables should be cut into cubes, slices, circular or long string-like pieces, depending upon the dish in which they are to be used.

Cabbage, beets, carrots and other vegetables, after being cleaned, should be kept in the open air without water, covered with a moist fabric. Sauerkraut is not subjected to any preparatory dressing, except the removal of undesirable parts. Outside the brine there takes place in the sauerkraut a rapid destruction of vitamin "C", hence, it should be kept in brine until it is used in a dish; consuming it, we should press it slightly to remove the brine. We wash the sauerkraut only in extreme cases, when it is sharply acid. In this case it should be washed quickly once in cold water and pressed.

Inasmuch as the brine of the sauerkraut contains vitamin "C", we add good quality brine to shchi, borshch, and we also use it for the seasoning of salads and vinaigrettes.

#### DRESSING OF FROZEN POTATOES AND OTHER VEGETABLES

In order to obtain satisfactory results in the dressing of frozen vegetables, we must not allow them to thaw before putting them in the pot. Hence, we should bring into a warm room only that quantity which is to be dressed at once. We must not bring into a room at the same time all the frozen vegetables. Frozen potatoes are dressed in two ways:

First method: the potatoes are washed quickly in warm water, so as to thaw the surface of the potato slightly and then we should sort them on the basis of size. During the time of washing we should remove the spoiled potatoes.

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The washed potato should be peeled in the potato peeler, after which we should remove the eyes of the potato.

If we do not have a potato peeler, we peel the potato in the usual manner, namely, by means of fluted knives. The peeled potato should be washed again, placed whole in a pot of boiling water and boiled until half-done. After this we take them out, cut them up and put them in boiling soup. The water in which the potatoes were boiled should be used for the preparation of soups.

If the peeled potatoes cannot be used at once for the preparation of a dish, they should be put in a cold room (with temperature below zero), kept in a clean vessel without water, and not allowed to thaw.

Second method: the washed frozen potatoes, not peeled, are placed in boiling water and boiled until they are half-done under a closed lid. After the completion of the boiling, we pour off the water, - peel the potato by the hand method, cut up and place in boiling soup.

We dress frozen cabbage, beets, carrots and other vegetables in the frozen state. After washing for a short time in warm water, we cut them up and those that are not thawed we put in boiling bouillon. We saute the frozen carrots, without thawing, by the usual method.

We wash frozen onions in cold water and clean them just before we use them. If we keep thawed onions, they acquire a rotten odor.

#### DRESSING OF DRIED VEGETABLES

Before using dried vegetables, we sort them, remove the foreign admixtures and wash them in cold water.

In order to give to the dried vegetables their original quality of fresh vegetables, we should allow them to swell in water. For this purpose the washed vegetables should be placed in a wooden or tin vessel, covered with cold water so that the surface of the water will be 10 -- 15 cm above the layer of vegetables and allow them to soak for 5 -- 6 hours. If after a certain time the vegetables absorb water and their surface is not covered by water, we should add water until there is complete swelling.

After the vegetables are allowed to swell as much as possible, we take them - cut and use them for the preparation of the dishes. Soaked carrots and onions

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should be sauteed. The water in which the vegetables are soaked is used for the making of soups.

It is best to employ the dried vegetables in the first dish, adding to them a part of the fresh vegetables.

#### DRESSING OF MEAT

Meat may be employed as a food only when there is a veterinary stamp on the carcass.

Frozen meat should be thawed before it is cut up into pieces -- in halves or quarters, suspended in a dry, clean and well-ventilated room with a temperature of not more than plus 15 degrees. It is forbidden to thaw meat quickly in a room where the temperature is high, because in the dressing of such meat a great deal of juices flow out and the meat will be tough and less savory.

The thawing is done in the room for the dressing of raw meat. The suspended carcasses should not touch the wall, floor, or each other. Under the carcass we should place a dripping pan for protection against soiling of the floor by the meat juices dripping from the carcasses.

The thawing should continue for 12 to 24 hours, depending upon the temperature of the meat. The meat is considered to be thawed when a knife penetrates freely into it. Thawed meat spoils quickly when kept and should be consumed immediately.

Pieces of frozen meat weighing less than 1/4 kg should be thawed over dripping pans. We are forbidden to thaw meat in water.

Thawed meat, and likewise cooled and chilled meat, should be washed in clean water with grass brushes and the places where there are clots of blood, stamps, bruishes, soiled places should be carefully cleaned or cut out. After this we cut up and bone the meat. If we have an entire carcass or a half of a carcass (cut lengthwise), we cut it up into front and rear parts between the 11th and 12th ribs. From the front part of the carcass, we cut off the shoulders and neck, and from the rear part, near the "pelvis", we separate the middle part, first cutting off the filet; after this we bone the meat. We remove the meat from the bone in layers, without making superfluous cuts in the meat. One should bone the meat carefully in order not to leave any meat on the bone. The meat of the hind legs should be cut up into 4 parts -- the upper, outside, lateral, and inside; the meat

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of the "mid-part" --- thin edge and "pashina"; the meat of the back part, "pokromku" and brisket. If the meat is intended only for the preparation of the first dishes, it is not necessary to bone the meat. In this case the meat should be cut up into pieces weighing 1½ --- 2 kg, together with the bones, and put in the pots in the same form for cooking. After the meat, with the bones, has been cooked, it is taken out. The bones are boiled a second time.

We cut up pork, mutton and veal into the following parts: hind legs, front legs, brisket, neck and shoulder. After the pieces of meat are boned, they should be washed again in clean cold water. For boning and cutting up the meat, we employ a special knife for this purpose, a knife which should be marked "RM" (raw meat).

Meat intended for the first dishes and for issue in portions should be cut into pieces weighing 1.5 --- 2 kg and put in the pot. For goulash the meat should be cut in small pieces weighing 15 --- 20 grams.

For the preparation of goulash, we take the parts of the hind legs, the mid-parts (the thin edge), and for soups we take the front parts of the carcass (the shoulder, neck, and brisket). For ragout, we use all parts of mutton and cut them up into pieces weighing 30 to 40 grams with the bone.

If it is necessary to conserve the dressed meat, we may do so only in a refrigerator or in a cooling space, on gratings, for not more than 2 hours.

The bones which we remove in boning should be cut up or sawed up with a meat saw or broken up with an axe into small pieces having a length of 10-15 cm, so that it will be easier to boil the fat from them, and they should be placed in a pot, after being washed, for the preparation of bouillon. We may boil them separately from the meat or with the meat.

The amount of bone in meat of average fatness of beef cattle amounts on an average to 25%; with a low degree of fatness, it amounts to 27%. In the carcasses of sheep of average fatness, the bone constitutes on an average of 27% and in the carcasses of hogs (cut up meat) it is 15%.

#### PREPARATION OF CHOPPED (Ground) MEAT

The meat removed from the bone and the large tendons should be cut up into oblong pieces weighing 40 to 80 grams and run through a meat chopper.

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To the ground up meat, we add white bread soaked in cold water, salt, pepper, and mix in a shallow wide vessel, and again pass through the meat chopper and mix well.

The white bread should not be sour nor should it have any burnt crust or be stale. When we pass the ground meat through the meat chopper, the temperature of the ground meat is raised by plus 3, plus 5 degrees; hence, the water for the soaking of the bread should be taken directly from the tap.

Before beginning the work, we check the cleanliness and the working condition of the meat chopper by disassembling it and trying it beforehand. We should pay special attention to the correct setting of the parts. The meat chopper, when not in use, should be kept disassembled, clean, covered, and before it is used it should be scalded with hot water. After we finish using the meat chopper, we should disassemble it, scald the parts with hot water and wipe them dry.

Before he prepares a dish with chopped meat, the cook should wash his hands well with soap.

Ground meat does not keep well, spoils quickly, and, hence, it should be prepared quickly, within one hour, and the semi-prepared products -- the cakes made -- should be cooked and served immediately.

If in the mess-hall those on messing status are served in separate groups, the ground meat should be prepared for each group separately, and before it is used, the meat cutter should be scalded each time with hot water.

The cook-instructor should determine beforehand the number of sausage (chopped meat) cakes that he can fry at one time on the range, so that he will not prepare an excess of ground meat.

#### DRESSING OF CORNED BEEF

Corned beef is recommended for the preparation of the first dishes. Before using it for preparing a dish, it should be washed in cold water. For this purpose we wash it and cut it up into pieces weighing 1 -- 1.5 kg, put it in a vat and pour cold water on it in an amount equal to twice its weight (for 1 kg of corned beef we take 2 liters of water). Corned beef with weak brine should be soaked for 4 -- 5 hours, changing the water every hour. Corned beef that is strongly pickled, with a salt content of over 10% should be soaked from 10 to 12 hours. The water

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should be changed every two hours. In the summertime, the water should be changed every hour.

After the corned beef is soaked, its weight increases on an average by 7 to 10%, and by boiling, the salt content in it is reduced by one-half.

In the preparation of the first dishes with corned beef, when we do not use more than 50 to 60 grams to the portion, the corned beef may not be soaked, but when we boil soup it is not necessary to add salt, because the bouillon, after the boiling of the corned beef, will be sufficiently salty.

#### THE DRESSING OF FOWL (CHICKENS, GEESE AND DUCKS)

When fowls come into the military units they are already plucked, in the frozen state. We thaw the frozen fowl in the meat dressing room, on tables. After thawing the fowls, we singe them. For a better and more uniform singeing of the carcass of the fowls, we should first rub them lightly with flour. After this we should remove the entrails, wash the fowl and season them "in pockets": we should thrust the knife into the openings of the inner parts and bend the wings to the back.

#### Processing (dressing) of the by-products (offals).

The frozen by-products should be thawed out in the meat dressing room, suspended over dripping pans.

The heads. When the heads come in with the skin on, they should be singed or scalded in hot water for 10 -- 12 minutes, after which the fuzz should be carefully removed and the tongues cut out; then we should open the skull, remove the brains, and break the bones of the skull into small pieces.

The heads are used for the preparation of the first dishes.

The brains should be soaked in cold water from 1 to 2 hours for removal of the blood and their cover removed from them. They are employed for the second dishes.

The tongue, the lights, and the heart and the udders should be washed in water and cleaned. The heart and udder should be cut lengthwise before they are washed. They are consumed in the first and second dishes.

Liver. We cut out the bile duct, wash the liver and take off the film. The liver is used chiefly for the second dishes. Owing to the fact that it contains a considerable quantity of vitamin A and C, the liver is a very valuable food

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product.

The kidneys of cattle. We remove from the kidney the fat, together with the covering, cut it in half and soak it in water for 2 to 4 hours, for removal of the peculiar odor, changing the water every hour.

Sheep, hog and calf kidneys are not soaked but merely washed. They are used for the first and second dishes.

The fuzz should be removed from the feet just as from the heads; the hoofs should then be cut off and the feet washed; we use them for the preparation of jelly or for the first dish.

The tails should be washed in cold water and cut up. The tails are used for the preparation of the first dishes.

Tripe should be washed in water, scalded, cleaned and soaked in cold water for 6 --- 9 hours, changing the water every 2 hours. It is used for the second dishes.

#### DRESSING OF FISH

Frozen fish, excepting sturgeon and sheat-fish, should be thawed in clean cold water from 2 to 4 hours, depending upon the temperature of the fish. The thawing is done in a vat or in a tin vessel and, by way of exception, in wooden tubs or barrels, which, after each use, should be carefully washed with warm water. The amount of water should be 2 liters to 1 liter of fish.

For the determination of the quality, each fish there should be carefully examined by the senior cook, because it is difficult to determine the quality in the frozen condition. The thawed fish should be sent immediately for cutting up. It is forbidden to keep thawed fish.

After the thawing we should remove the fins and the entrails, cut off the head-tail, and fins and cut up the fish into portions. We should remove the entrails carefully in order not to damage the gall bladder. If it is damaged, the place should be sprinkled immediately with a thick layer of salt and washed in cold water, otherwise the fish will acquire a bitter taste. The wastes from the fish amount to 32 to 40%.

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The wastes of the fish are made up of the following: the roe, hard and soft, fat, heads, skin, bones, fins, tails, and scales. The wastes from the fish should be utilized on the same day they are obtained.

After the heads, bones, fins, tails, skin and fins are carefully washed, we use them for the preparation of bouillons, but from the heads we must remove the gills and the eyes. The heads of carp, bream and Caspian roach, since they give a bitter taste to the bouillon, should not be used as food. Neither do we use the heads of cod for food.

The hard and soft roe of fish and the fat are consumed in the first dishes and also in fish sauce, stuffing, pies, in potato puree and baked pudding.

We are forbidden to conserve the wastes of fish, because they spoil easily.

Sturgeon and large sheat fish should be thawed in water gradually, at a temperature of plus 10 to plus 15 degrees, over a period of approximately 10-12 hours.

Each sturgeon, after it is thawed, should be inspected by the cook-instructor to determine its quality.

In doing this he checks to see whether or not there are bruises, caused by blows of the boat hook. These places should be removed, together with the parts of damaged meat immediately adjacent to them.

The dressing of sturgeon is done in the following manner: we cut off the head, the upper fins, and hard parts, and the tail and then cut it up in layers, cutting the backbone lengthwise into two halves. After this we remove the dried spinal cord, scald and clean. In the cleaning, we remove the clots of blood, the cartilage and from the skin the small bones and scales. The scalding is done in water having a temperature of 85-90° for a period of 3-5 minutes. After the scalding and cleaning, the fish should be cut into portions or boiled in sections.

Fresh fish does not keep very well; hence, we should not keep it in the kitchen for more than 2 hours. Each fish, before it is dressed, should be examined by the senior cook, after which the fish should be washed quickly in cold water and dressed. The dressing is done just as in the case of thawed frozen fish.

It is forbidden to employ salt fish (with the exception of herring) as food in the unprocessed form.

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Before cooking salt fish, we must soak it.

The content of salt in weakly salted fish is 6-10%; in the fish having an average amount of salt it is 10-14%; in strongly salted fish it is more than 14%. Fish intended for the first dishes, after soaking, should not have more than 5% salt, and for frying they should not have more than 3%; hence, the time of soaking will depend on the amount of salt in the fish and on the purpose for which it is to be used. During the time of soaking, the weight of the fish increases by 10 to 15%.

The cook-instructor must supervise in person the observance of the rules for the soaking of fish, especially in the summer time, because a failure to observe them may cause the spoiling of the fish and give rise to food diseases or illnesses.

The soaking of fish should be done in running water or in frequently changed cold water. In running water the soaking can be done quicker. We must not soak fish in warm water.

Before the fish are soaked, the senior cook of the shift must carefully inspect each one. If the quality of the fish is suspected to be bad, they should be removed for inspection by the surgeon of the unit and by the cook-instructor. After this the fish should be placed in a sink or in a tub with cold water and allowed to remain for 30 to 40 minutes, for swelling, in order to facilitate the removal of the scales. After this we take out the fish, scale them, remove the entrails, cut off the heads, tails, and fins, wash them, cut them into portions, and place them in clean water for soaking.

If we soak the fish by changing the water, the latter should be poured in at the rate of 2 liters to 1 kg of fish. The water should be changed at intervals of not less than 2 hours. The fish with average salt and the strongly salted fish, intended for boiling, are usually soaked for 10-12 hours, and for frying, 18 hours.

Soaked fish should be cooked immediately, because it does not keep well and spoils easily.

#### The Dressing of Salt Cod for Removal of the Specific Odor.

In order to remove the specific odor, the salt cod for soaking should be placed for 5-6 hours in a 4% solution of vinegar, after which it is dressed as explained above.

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**The Preparation of Chopped Fish**

For the preparation of chopped fish, the following kinds of fish are best adopted: perch, cod, sheat fish, pike and burbot. In the dressing we remove the head, the entrails, the fins, tails, skin and bones. The method of preparing chopped fish is the same as for the preparation of chopped meat.

If kept, chopped fish spoils easily; hence, in the preparation of it, we must observe in a strict manner all the sanitary-hygienic rules.

In the summer time we are forbidden to prepare dishes with chopped fish.

**The Dressing of Legumes, Groats and Macaroni.**

From the legumes (beans, peas and lentils) we should remove the trash admixtures, then wash and soak them in cold water. For 1 kg of legumes, we take 2-3 liters of water. The soaking should last from 6-8 hours.

In the preparation, we pay special attention to whole unshelled peas, which oftentimes are infested with pests (pea or grain pests). The damaged pea has a small dark spot or small opening where the pest is. When a pea having a pest on the inside is soaked, it floats on top and can be removed. We should not use for food peas or beans infested with grainary pests.

Damaged legumes are turned over to the warehouse for threshing for the purpose of removing the pests.

The groats should be cleaned just as in the case of legumes. After we remove the foreign admixtures from the groats, we rinse them in several waters. One should look carefully to see if any grainary pests are present. We do not wash semolina groats nor the buckwheat and barley groats. Millet groats are washed in warm water until the wash water is entirely clean.

Gacilyan (sorghum), chumizy (foxtail millet), and paitsu should be washed not less than 6 times in warm water, until the removal of the specific odor and the cessation of the coloring of the wash water.

Pearl-barley should be soaked just as in the case of legumes, for 6-8 hours.

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## Dressing Macaroni Products

Macaroni products: macaroni, noodles, vermicelli, "ushki" and others, should be sorted, the foreign admixtures removed, the macaroni broken into small pieces of 7-8 cm, inspected to see whether or not it has any grainary pests, and then placed in the boiler.

## IX. METHOD OF COOKING THE PRODUCTS

We distinguish two basic kinds of cooking -- boiling and frying. Cooking the product softens it and makes it suitable for use as food. At the same time it gives to the food an agreeable taste and makes it safe to eat, because the high temperature destroys the microorganisms usually to be found in these products.

Boiling is the cooking by heat of products completely immersed in water or bouillon. As a rule, boiling is done in boilers (pots) with closed covers. The temperature of boiling in ordinary boilers amounts to 100 degrees; in boilers with hermetical closing, it amounts to more than 100 degrees. The boiling of a product not completely immersed in water or in bouillon (not more than 1/3 the volume) is called in culinary practice shallow boiling. If the product is shallow boiled with an addition of spices, seasoning, fat, and sauce, such culinary processing is called stewing. Stewing and shallow-boiling are done in a closed vessel.

Frying is the cooking of a product by heating in hot grease in a skillet or on a griddle. In practice, we distinguish several kinds of frying: frying with a small quantity of fat (shallow-frying), when the fried product is periodically turned over for the formation on the surface of a red crust; cooking in grease with the product completely covered and with the air in the oven at a temperature of around 250-300 degrees is called roasting.

The final cooking of products fried in a small quantity of grease, including fowls and large pieces of meat, is generally done by roasting them in an oven.

Sauteeing (passerovanie) is the cooking of clean cut up pieces of carrots, parsley, celery, and onions with grease on a stove over a slow fire. For improving the taste, aroma, and the external appearance of the dish, these vegetables should be placed in the dish in the sauteed form.

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In sauteeing small shredded onions, we heat them until they have a slight color (5-8 minutes), separately from the other vegetables. The cleaned carrots, parsley, and celery should be shredded and sauteed with the onions until they are soft (10-15 minutes). After this we add tomato sauce, slightly thinned with bouillon (In order to prevent burning) and sautee them for 5-10 minutes longer. During this time the fat takes on a reddish orange color and an aromatic odor as a result of the dissolving in it of the red and aromatic substances of the onions, carrots, parsley and tomato.

The sauteeing of vegetables is done in a small vessel (a grill, skillet shallow saucepan). The layer of vegetables should not exceed 8 cm. In the sauteeing of vegetables, we consume in fat 10-15% of the weight of the sauteed vegetables.

We also sautee the mixing flour, with or without the addition of grease. When we sautee the flour with grease, the latter is first heated in a deep vessel or in a pan; then we sprinkle in the sifted mixing flour and while stirring heat until it is of a yellow color, after which we thin it with hot bouillon until we have a thick creamy mixture, which we serve in small portions.

When we sautee flour without grease, we put it in a pan and heat it in the oven or on a range, while constantly stirring, until it has a yellow color. Before putting it into the seasoning, we thin with warm bouillon, as stated above.

#### X. PREPARATION AND EMPLOYMENT OF SPICES AND CONDIMENTS

The employment of spices and condiments improve the taste of food and for this reason the cook-instructor must strive to employ them correctly.

We should pick laurel leaves, removing the spoiled ones and the foreign admixtures, wash them in cold water and place them in the first dishes 5-10 minutes before they are done, otherwise the aroma/the substances will evaporate.

In the second dishes -- stewed meat, stewed cabbage, potatoes and other dishes -- we put in the laurel leaves together with the sauteed vegetables, 30-40 minutes before the product is done.

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Black pepper is the best condiment for the first and second dishes, and also for marinades and sauces. It is employed in the form of pepper corns and in the ground form.

Cloves are also employed, just as black pepper.

Paprika is employed in the form of pods and in the ground form. It has a smarting and sharp taste. It is recommended that the red pods be employed in dishes in the ground form.

The pepper is placed in the first dish 10 minutes before the dish is done. After putting in the pepper, the food should not be boiled any longer, otherwise the aromatic substances will be evaporated with the steam.

In the second stewed and sauce dishes (stewed cabbage, potatoes, meat, goulash, ragout etc), the pepper should be put in at the beginning of the stewing, so that the food products will be more aromatic.

Table salt is used in food in the form of rock salt, lake salt, and salt obtained by evaporation. When we have rock salt and lake salt in an unpurified form, and also quantities of salt transported in bulk we must purify the salt before employing it. For this purpose the unpurified salt should be dissolved in clean water, allowed to stand or filtered through a clean fabric. The clean brine, which has been allowed to stand or has been filtered, is poured into a dripping pan and evaporated on top of a range. By this method we can obtain clean, fine, white salt from the large grained salt.

Salt obtained by evaporation, if it comes in packing, is generally clean and we merely need to inspect it before using it. If, however, it comes in bulk, it must be processed just as lake salt.

When meals are being served, salt should always be on the tables in salt cellars.

Mustard powder is used for the preparation of mustard, which is placed on the tables in accordance with what is on the menu. We are categorically forbidden to put mustard powder in the food itself. We are also forbidden to use mustard powder of standard issue for non-food purposes, as for example the washing of the kitchen vessels.

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## The Preparation of Mustards is done by Two Methods

First method. We put the dry mustard powder in a stew pan or a pot used with the range; pulverize it until there are no lumps; then soak it in boiling water and mix with a small paddle until we obtain a homogeneous mass. In this condition, the mustard should be allowed to stand for 10-12 hours, with the pot covered but not tightly. After this we add to the mustard some vinegar, salt and mix it well. The mustard should be tightly closed in a container and allowed to stand (or ripen) for 12-14 hours; after which it should be placed on the table. With 100 grams of dry mustard, we use 80-100 cc of water, 30 grams of 4% vinegar and 2 grams of salt.

Second method: We put the dry mustard in a vessel, pour boiling water over it (for 100 grams of mustard 80 cc of boiling water), mix carefully until we have a uniform mass, then pour in boiling water again so that the surface of the boiling water is 3 to 4 cm above the level of the mustard. We allow it to stand in this form for 12-14 hours; after this we pour off the water and season the mustard with vinegar and salt and mix it well to the desired thickness.

It is recommended that we add to the mustard a little sugar, some vegetable oil, putting them in together with the vinegar. The prepared mustard is used in certain warm sauces and in the vinegar seasoning for vinaigrettes, salads, celery, etc.

Vinegar comes in the form of essence of vinegar having a strength of 80% or in the form of table vinegar usually having a strength of 4%. Before using the vinegar essence, the cook-instructor personally dilutes it with water in the presence of the surgeon of the unit. To one part of essence of vinegar he adds 16 parts of water that has been boiled and allowed to cool, that is, the vinegar is prepared with a strength of 4-5%. The vinegar should be kept in a tightly closed glass bottle or other kind of container. The vinegar is added for sharpness of taste and for the conservation of the color of beets in borshch, in the boiling of beets for vinaigrettes, and also in marinades, vinaigrette seasoning and in horseradish sauce.

If we have other flavoring substances or spices, it is recommended that we employ them also. The following vegetables also greatly improve the taste.

Bulb onions are used in stewed meats and vegetable dishes, and in the

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preparation of the first dishes, cold dishes, vinaigrettes, salads, marinades and sauces. The bulb onions put in the first dishes and the stewed second dishes must be sauteed; in vinaigrettes and salads, they are used raw, clean and cut up in pieces.

Carrots are used just as onions, the only difference being that in vinaigrettes and salads they are used in the boiled form.

Parsley is used in the same dishes in which we use bulb onions and carrots, but the amount used is only one-half the quantity of the carrots.

Parsnip and celery have a more delicate aroma and sweeter taste than parsley. They are employed in stewed meats and vegetable dishes, in the preparation of the first dishes, marinades and sauces (gravies), together with other vegetables (carrots onions and parsley), and also in vinaigrettes and salads, raw, dressed and washed.

All the tasty aromatic vegetables (bulb onions, carrots, parsley, celery and parsnips) are placed in dishes in the sauteed form, 5-10 minutes before the food is done, because in the case of long boiling their aromatic substances (the ethereal oils) are evaporated.

Horseradish is a very widely used seasoning. It is employed chiefly in the form of cold horseradish sauce for boiled beef, corned beef, fish, galantine, etc. and it is added also to vinaigrettes and salads made with sauerkraut.

Horseradish is used also for hot meat sauces. The leaves of horseradish are put in with pickled cucumbers.

#### THE EMPLOYMENT IN FOOD OF GARDEN AND WILD GREENSTUFF

Greenstuff improves the taste of foods, enriches them with vitamins and gives an agreeable external appearance to the dish.

Along with garden greenstuff (parsley, fennel, spring onions, celery, parsnips) and garden plants (beets, carrots, radishes), the following are very important: the wild greenstuff (sorrel, oxalis acetosella, young nettles, cow parsnips, gout-weed and others), which possess the same valuable food and tasty substances as the garden greenstuff and are widely employed in the military units

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in the spring and the summer periods when the content of vitamins C and A in the ration is reduced, especially with a partial or complete replacement of the vegetables by groats or dry vegetables.

#### Gathering of Garden and Wild Greenstuff

In the gathering of garden and wild greenstuff, one must be guided by the following basic rules:

- 1) for the gathering of wild greens we should make use of experienced persons who are acquainted with plants;
- 2) one should not gather wilted, yellow, dying plants; one should gather only those parts of plants which have food value, for example, the leaves of young nettles, sorrel, lucerne, etc;
- 3) greenstuff gathered for transport should be placed in baskets or crates, having a capacity of not more than 15 kg; it should be loosely packed, up to the level of the edges of the packing; we should see that the greenstuff is ventilated and that it does not undergo heating;
- 4) the gathered greenstuff should be delivered at once to the kitchen, sorted, the yellow and dead parts removed and any unedible plants that might be present should be removed and placed in the basket. The greenstuff should be allowed to stay for not more than 8-12 hours in a cool, dark place.

Garden greenstuff (fennel, parsley, lettuce, spinach, etc) are raised on plots of the subsidiary farm; and also on small plots close to the kitchen.

#### Heat Processing (Cooking) of the Greenstuff

The greenstuff, depending upon the kind, is employed for the preparation of the first and second dishes and the cold dishes.

In the culinary treatment of greenstuff, in order to conserve the vitamins to the maximum extent, it is necessary to have a strict observance of the following:

- 1) One should not wash and cut up the greenstuff until just before it is put in the pot; it should not be allowed to stand after it is cut up. Salads should be prepared just before they are served.

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- 2) The cut up greenstuff must be placed in boiling bouillon or water. The boiling should be done in good tin plated or cast iron boilers. The greenstuff should not be boiled for more than 10-15 minutes.
- 3) If cooked food is conserved for a long time, the vitamin C is destroyed; hence, cooked food should be served quickly and not kept over.

#### The Employment of Greenstuff in Food

Garden and wild greenstuff are employed as a source of vitamins for the first and second dishes. Besides, in order to vary the dishes, we prepare soups with them.

For providing vitamins in soups, we employ only the leaves of the following plants: sorrel, oxalis acetosella, young nettles, clover, lucerne and also fennel, parsley, etc. The leaves should be carefully picked, washed in cold water, then cut up in small pieces and placed in the boiling soup for 10-15 minutes before the end of the boiling. For one portion of soup, we should take 15-20 grams of wild greenstuff and of garden greens (fennel, parsley) up to 5-10 grams.

In order to vitimize the gruel, the greenstuff, after being thoroughly washed and cut up, is placed in the gruel at the time it begins to thicken, carefully mixed and allowed to boil until done. For one portion of gruel, we use 10-15 grams of greenstuff.

For the preparation of shchi, see page 64 and for borshch, from the leaves of garden plants, see page 62.

#### The Preparation of Vitamin "C" Infusions

In the spring-summer period, when the vitamin C content in vegetables is reduced, we prepare vitamin "C" infusions.

Vitamin "C" infusions are prepared from the leaves of birch, linden, reeds, from the needles of coniferous trees and others containing vitamin "C".

#### Preparation of Infusions from Leaves

For the preparation of infusions, we use fresh green leaves. The leaves are gathered with the branches or stems. After this we separate the leaves from the branches and wash them in cold water suitable for drinking purposes. If we

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employ chlorinated water, the latter should first be boiled for removal of the chlorine.

The washed leaves should be cut up immediately into small pieces (with a knife, axe, cleaver, etc). We should pour over the cut up leaves at once some hot boiling water (95-98 degrees), at the rate of 4 liters of water to 1 kg of leaves. The water should first be acidified with vinegar or some other food acid (for 1 liter of water, we take 3 grams or 3 cc of acid). After pouring hot water over the leaves, we allow them to stand for 1 hour, in a wooden vessel filled to the top and tightly closed.

The infusion obtained should be filtered through gauze with wadding or through some other type of compact fabric. For flavoring the infusion, we employ table vinegar, cucumber or cabbage brine, saccharine or fruit extract. The infusions of linden leaves do not have an astringent after-taste and they are more transparent, light, and agreeable to the taste.

A half-glass (100 grams) of infusion prepared in this manner contains from 20-40 milligrams or more of vitamin C. As a prophylactic dose it will suffice to employ one glass of this infusion.

The infusion should be kept in a cold place in tightly corked bottles but not for more than 24 hours.

#### Preparation of Coniferous Infusions

Infusions from coniferous needles are prepared chiefly in the wintertime. In the summer, when the coniferous needles are poorer in vitamin "C" than in the wintertime, we must employ leaves of the birch, linden or reeds for the preparation of infusions.

For infusions we can use needles of any kind (pine, firs or cedar). For the infusions we should not employ the dried up or yellow needles.

In the wintertime, we gather the large well developed branches and keep them in a cold place, in piles of any size, under the snow or under sheds for two or three months.

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At the end of the winter period (February-March), in order to avoid the loss of vitamin C, the coniferous branches should be placed under a covered shed or under a cover in piles up to 1.5 meters on the floor. The piles should be covered with a thick layer of snow (up to 0.5 meters), and on top of the snow we should place sawdust or straw for conserving and protecting them from the rapidly melting snow.

The infusion can be prepared from cut up needles or whole needles, depending upon whether we employ the cold or the hot method of extraction.

For the preparation of an infusion, the coniferous needles are broken off or cut from the branches and carefully washed with cold water.

The washed needles are cut up on a board with a knife, cleaver, hatchet or a sharp spade into small pieces (not more than 0.2--0.5 cm long). Instead of cutting up the needles, we can crush them into small pieces with a wooden mallet on a board, in order that they may have the proper size. The ground needles should be placed immediately in a wooden cask with cool boiled water. We take 3 or 4 times as much water, by weight, as we take of coniferous needles. The coniferous needles should be infused for 2 or 3 hours, mixed periodically with a wooden paddle or stick. After this we strain the infusion through several layers of gauze or a piece of linen.

In order to obtain a greater yield of vitamin "C" and to insure high stability and good taste, we should, before the infusion, acidify the water with "food acid" (Trans note: vinegar is probably what is meant). The prepared infusion can be mixed with cranberry juice, kvass, cold tea, and also with cabbage brine.

The dose of the infusion for a person is one glass a day, taken in 2 or 3 parts. For the preparation of enough infusion for 100 men, we require 5 kg of pine needles and 15 liters of boiling water. (Trans. note: The writer obviously means enough for one day).

#### Preparation of Infusion from Whole Coniferous Needles

The needles of pine, fir or cedar are washed and then put (in small quantities at a time) in hot boiling water, equivalent in weight to 5 times the quantity of

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the coniferous needles. When we put in the needles, the boiling should not stop and the needles should be covered with water. For pine and fir needles we should boil in a vessel closed with a cover for 20 minutes, and for cedar needles from 30 to 40 minutes.

The warm infusions have a disagreeable taste and they should be allowed to cool before they are consumed.

For flavoring the infusions it is recommended that we acidify them with vinegar (up to a concentration 0.1%) and add some sugar or saccharine, and we may also dilute them with kvass, fruit juice, or brine.

The needles can be used a second time. To do this we pour off the first infusion from the needles, cover them with a five-fold quantity of boiling water and boil for 40 minutes.

The strained, filtered and flavored infusion is taken in the amount of one glass per person per day.

We do not keep the infusion for more than 48 hours.

## TABLE

Showing the Content of Provitamin A (Carotene) and Vitamin C (Ascorbic Acid) in Wild Greenstuff and Garden Plants:

Serial No. Name of Plant	Mg's contained in 100 grams		
	Provitamin A (Carotene)	Vitamin C Summer	Vitamin C Fall
1 Birch	--	174-192	--
2 Cow parsnips	--	135-166	98-136
3 Wood sorrel	10	93-5	122-141
4 Willow herb	--	185	--
5 Red clover	--	116	213-262
6 White clover	--	106	--
7 Nettle	14	130	106-330
8 White goose-foot	10	72-93	87-205
9 Linden	--	200-300	--

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Serial Number	Name of Plant	Mg's contained in 100 grams		
		Provitamin A (Carotene)	Vitamin C	
		Summer	Fall	
10	Wild onion	--	60-150	--
11	Lucerne	20-40	170-200	--
12	Dandelion	5-19	50-70	--
13	Plantain	--	35-44	--
14	Knotweed	--	70-85	57-85
15	Coutweed	--	39-44	65-109
16	Turnip	--	250-260	--
17	Reed	--	189-232	--
18	Sorrel	5	40-50	--
19	Garden plants:			
	Horseradish	--	200-300	--
	Vegetable marrow	--	100	--
	Carrots	6-10	75-85	--
	Pumpkin	--	75-85	--
	Beets (Table)	7.5	20	--
	Coniferous needles	--	100-150	200

**XI. THE PREPARATION OF DISHES****Soups**

Soups are prepared with meat or fish bouillons or vegetable bouillons, and also with milk bouillons. Soups are divided into the following classes: vegetable -- shchi, borshch, rassolniks, etc; groats -- millet, pearl barley, oatmeal and others; flour soups -- macaroni, noodles, etc; mixed soups -- groats with legumes (French kidney beans, peas) or vegetables. Vegetable soups must be seasoned with sauteed vegetables, tomato, and flour; and the grain and flour soups should be seasoned only with sauteed vegetables with tomatoes.

Vegetable soups are as a rule prepared with soy bean meal. Soy bean meal combines well with potatoes, groats, macaroni products and legumes, that is, with

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products containing a considerable quantity of starch; shchi, borshch and rassolnik with soy meal are less tasty.

#### Meat Soups

For the preparation of meat soups we first prepare a meat bouillon. We put the meat in the pot cut up in pieces of 1.5-2 kg, without or with the bones. In the latter case we first put the bones in the pot, cut up into small parts, and on top of them the meat, cut up into pieces weighing 1.5-2 kg, pour in cold water at the rate of approximately 0.55 liter per serving for vegetable soups and 0.6 liter for soups made with groats; for a yield of soup of 0.7 liter, cover the pot with a lid and boil slowly for 2.5-3 hours. Vigorous boiling gives a bouillon of poorer quality due to a partial splitting up of the fat. The foam that is formed during the boiling should be removed together with the fat and used for the sauteeing of vegetables and the stewing of beets. Before the meat is through boiling, the bouillon should be salted, using 10 grams of salt to 1 liter of bouillon. To tell when the meat is done, we stick it with a fork or the point of a knife. If it is well cooked, the fork passes through easily and a light juice flows from the place of the puncture. The meat should not be boiled too much; if it is, it will fall into small pieces when it is cut into portions.

After the meat has boiled, we take it out and remove the bones, if they were not removed before boiling, cut it up and put it in the bouillon again. The meat should be put in a pan in one layer and immediately put in a cool place (refrigerator or ice box) to cool. The meat should have over it a gauze or metallic net, but placed so that it will not touch the meat. The meat must not be kept in a deep, covered vessel.

In the summer time we should see that the meat cools rapidly, in order to avoid the growth of microorganisms causing food poisoning.

The bones left in the bouillon should continue to boil slowly for 1.5-2 hours. When the bouillon is done, it should be passed through a sieve and used for the preparation of soups.

The boiled bones should be covered with cold water and boiled a second time

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for 4-5 hours. The bouillon obtained is boiled with a new lot of bones and meat for the preparation of supper.

After the meat has cooled, it should be weighed and then, by dividing the weight of the meat by the number on messing status, we determine the average actual weight of the meat serving and see how it corresponds with the weight shown in the apportionment of provisions.

We cut the meat into portions crosswise of the fibers with a sharp knife, using for this purpose chopping boards especially designed for boiled meat.

The cut up portions of meat should be put in a roasting pan in one layer and immediately placed in a refrigerator or ice box, where they are kept covered with a piece of gauze. The small pieces resulting from the carving of the meat should be gathered up separately and served by weight to the daily detail. The portions of meat should be uniform and as a rule consist of one piece.

30 minutes before the meal, the meat portions should be boiled a little in bouillon. To do this we select from the pot the appropriate quantity of bouillon, put in it the portions of meat that are to be served to the first group and boil it in bouillon for 15 minutes. We are forbidden to serve portions of boiled meat without first heating them in the bouillon.

We prepare bouillon from corned beef in the same way.

Borshch. We stew cut up beets for 30-40 minutes in a closed pot, adding fat, bouillon, tomato paste, vinegar or brine from sauerkraut. We add vinegar to conserve the color of the beets and for giving a sharp taste. To the boiling meat bouillon we add some fresh cabbage, cut up, and boil for 10-15 minutes. We then put in some cut up potatoes and continue to boil for 10-15 minutes.

After this we put in the stewed beets, sauteed culinary herbs, season the borshch with sauteed flour, laurel leaves, pepper and salt, and boil 10 minutes longer. After removing the hot coals from the furnace, we allow the borshch to stand in the pot, with the cover closed, for 15 minutes, without coming to a boil.

Borshch with sauerkraut is prepared just as borshch with fresh cabbage, the only difference being that the sauerkraut is stewed together with the beets.

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Borshch with beet leaves (in the summer). We cut the leaves from the young beets, peel off the skin, cut them up into slices and stew them with tomato and vinegar for 15-20 minutes. We then put the stewed beets into boiling meat bouillon, allow them to boil, put in potatoes, beet leaves and shredded noodles and boil for 10 minutes. After this the borsch should be seasoned with sauteed culinary herbs, sauteed flour, pepper, laurel leaves and salt and allowed to boil for 5-10 minutes. In the summer we may add to the borshch the leaves of other garden plants (carrots, turnips, radishes).

Borshch made of millet. We place some well washed millet in boiling bouillon, bring it to a boil and then put in all the other products and boil as stated above.

Shchi made of fresh cabbage. We remove the faded and yellow leaves from the fresh cabbage head, cut it up into large squares or strips, put in boiling meat bouillon and boil for 10-15 minutes. After this we put in clean potatoes cut up into pieces and continue to boil for 15 minutes. After this we season the shchi with sauteed flour, sauteed vegetables (carrots, onions, parsley), laurel leaves, pepper and salt and boil 5-10 minutes longer. Then we remove the hot coals from the furnace and allow the shchi to stand in a covered boiler for 10-15 minutes without coming to a boil.

Fresh shchi with French kidney beans or groats. We put soaked French kidney beans or pearl barley in boiling bouillon and allow it to boil until done. After this we put in the rest of the vegetables as stated above.

"Dairy" shchi. The sauerkraut should be examined and undesirable parts removed. If it has an excess of sourness, it should be washed once in cold water, pressed out and placed in a pot. We then add grease, a little bouillon, cover with a lid and stew for 1-1.5 hours, with periodic stirring. Into the boiling bouillon we put some cut up potatoes and boil for 10-15 minutes. After this we put in some stewed cabbage, bring it to a boil, add sauteed vegetables; season with sauteed flour, spices (pepper, laurel leaves), salt, and boil for 10-15 minutes more. After this the shchi is allowed to stand in the pot with the cover on for 15-20 minutes, without coming to a boil.

Shchi made of sauerkraut. Into some boiling meat bouillon we put some cut up potatoes and boil from 10-15 minutes, until half-done. Then we put in some

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prepared sauerkraut and boil for 40 minutes. After this we season with sauteed vegetables and tomato, sauteed flour, laurel leaves, pepper, salt and boil for 10-15 minutes longer. After this we allow it to stand in the boiler with the lid on for 10-15 minutes, without coming to a boil.

Shchi made from sauerkraut with groats. We put some prepared groats in boiling bouillon and boil until they are soft. After this we put in the rest of vegetables and boil as stated above.

Shchi made of greenstuff. We clean sorrel or spinach, remove the coarse stems, wash it in cold water and shred it fine. We put the shredded greenstuff and cut up potatoes in some boiling meat bouillon and allow to boil for 10-15 minutes. After this we season with sauteed onion, sauteed flour, pepper, laurel leaves, salt and then boil for 5-10 minutes. When we serve shchi in tureens or in mess dishes, we put in some finely shredded green onions. The spinach may be replaced by young nettles, wood sorrel or goutweed.

Shchi made of greenstuff with groats. We put the prepared groats (millet, pearl barley) in boiling bouillon, boiling for 15-20 minutes in the case of millet and 40 minutes in the case of pearl barley. After this we put in the other products as stated above.

Rassolnik (soup made of pickled cucumbers). Into boiling bouillon we put some cut up potatoes and boil for 10-15 minutes. Then we add some thin slices of cucumber pickles, some freshly shredded cabbage or sauerkraut and boil for 20-25 minutes (sauerkraut 40-45 minutes). Then we season the rassolnik with sauteed vegetables and tomato, sauteed flour, pepper, laurel leaves, salt, and boil 10-15 minutes longer. If the rassolnik is not tart enough, we add some boiled cucumber brine.

Rassolnik with groats. We put prepared pearl barley into boiling meat bouillon and boil for 35-40 minutes. Then we add the rest of the products as stated above. Instead of pearl barley, we can take other groats or French kidney beans.

Vegetable soup. We shred some fresh cabbage, cut up potatoes into pieces and boil them in bouillon for 10-15 minutes. The soup is seasoned with sauteed vegetables, sauteed flour, laurel leaves, and salt, and boiled 5-10

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minutes longer. It is recommended that we put the following in vegetable soup: turnips, rape, vegetable marrow, pumpkin, fresh cucumbers, fresh tomatoes, green beans or peas, in the amount of 15-20 grams of each kind, and also celery and parsley to the amount of 5-10 grams.

We put the vegetables into the pot in the following order:

- We put in with the potatoes the cut up pieces of turnips, vegetable marrow or pumpkin, fresh cucumbers, fresh tomatoes, string beans or peas or spinach;

- We sautee the celery and the parsley together with the carrots, onions and tomato and season the soup.

Potato soup. Into boiling meat bouillon we put potatoes cut up into large pieces and boil for 10-15 minutes. Then we season the soup with sauteed vegetables, sauteed flour, pepper, laurel leaves, salt, and boil 5-10 minutes longer. We remove the hot coals from the furnace and allow the soup to stand for 5-10 minutes without coming to a boil.

Potato soup with groats. We put the pickled and washed groats into boiling meat bouillon and boil: pearl barley or oatmeal, for 35-40 minutes; millet, barley or rice -- 15-20 minutes. Then we put in the potatoes and boil for 10 minutes. After this we season the soup with sauteed vegetables, pepper, laurel leaves, salt, and boil 5-10 minutes longer. The soup should be allowed to stand for 5-10 minutes, without coming to a boil.

Potato soup with French kidney beans (or peas). The soaked French kidney beans (or peas) should be placed in boiling meat bouillon and boiled for 1.5 hours, until they are almost done. Then we put in the potatoes and boil for 10-15 minutes. The soup is seasoned with sauteed vegetables and tomatoes, browned flour, pepper, laurel leaves, salt, and boiled for 5-10 minutes. After this we allow the soup to stand for 10 minutes, without boiling.

Potato soup with millet and French kidney beans (or peas). Soaked kidney beans (or peas) are placed in boiling meat bouillon and boiled for 1.5 hours. After this we put in the millet and boil for 15 minutes; then we put in the potatoes and continue to boil for 10-15 minutes longer. The soup is seasoned with sauteed vegetables and tomatoes, pepper, laurel leaves, salt, and boiled

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5-10 minutes longer. We remove the hot coals from the furnace and allow the soup to stand for 10 minutes, without coming to a boil.

Millet soup. We put some prepared millet into boiling meat bouillon and boil for 15-20 minutes. Then we put in potatoes and boil 10 minutes longer. After this we season the soup with sauteed vegetables, pepper, laurel leaves, salt, and boil 5-10 minutes longer. After this we allow the soup to stand for 10 minutes, without coming to a boil.

We prepare rice, barley and corn soups just as we do millet soup.

Pearl barley soup. We put soaked pearl barley in boiling meat broth and boil 35-45 minutes. After this we put in the potatoes and boil for 10-15 minutes. We season the soup with sauteed vegetables, pepper, laurel leaves, salt, and boil 5-10 minutes longer. After removing the hot coals from under the boiler, we allow the soup to stand 10-15 minutes without coming to a boil. We prepare oatmeal and millet soup just as we do pearl barley soup.

Pea soups (or French kidney bean soup). We put the soaked peas or French kidney beans in boiling meat broth and boil until they are almost done, for 1.5-2 hours. Then we put in the potatoes and continue to boil for 10-15 minutes. We season the soup with sauteed vegetables and tomatoes, browned flour, spices, and salt, and boil 5-10 minutes longer. Removing the hot coals from the furnace, we allow the soup to stand without boiling for 10-15 minutes.

Noodle soup (or vermicelli soup). Into boiling meat broth we put some potatoes; after the broth (bouillon) has boiled, we put in the noodles or vermicelli and boil for 10-15 minutes. In order not to burn the noodles, we put them on a layer of potatoes and boil without mixing. After this we season with sauteed vegetables, pepper, laurel leaves, and salt, and boil 5-10 minutes longer. Removing the hot coals from the furnace, we allow the soup to stand for 5-10 minutes, without boiling.

Macaroni soup. Into boiling meat broth we put some potatoes; after boiling the broth with the potatoes, we put in the macaroni and boil for 15-20 minutes. In order not to burn the macaroni, we put it on a layer of potatoes and we do not stir the soup. After this we season with sauteed vegetables, pepper,

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laurel leaves, salt, and boil 5-10 minutes longer. Removing the hot coals from the furnace, we allow the soup to stand for 10-15 minutes, without coming to a boil.

Dumpling soup. We put some dumplings into boiling meat broth and boil for 10-15 minutes. After this we put in the potatoes and continue to boil for 10-15 minutes. We then season the soup with sauteed vegetables, laurel leaves, pepper, salt, and boil 5-10 minutes longer.

To make dumplings, we sprinkle some flour on the table, make a crater-like depression in it, gradually pour in water at the rate of 25 grams of water to 50 grams of flour (in the water we first dissolve salt at the rate of 0.5 grams to 25 grams of water) and knead the dough. The dough should be rolled out to the thickness of a finger and cut into pieces having a length of not more than 1.5 cm. In order to keep the pieces from sticking together, we sprinkle on some flour.

Pearl barley soup with French kidney beans. We put into the boiling meat broth some soaked French kidney beans and pearl barley and boil until done (1-1.2 hours). After this we put in the potatoes and continue to boil for 10-15 minutes. We season the soup with sauteed vegetables, browned flour, pepper, laurel leaves, and salt, and boil 10-15 minutes longer.

We prepare oatmeal and French kidney bean soup in the same manner.

Millet soup made with French kidney beans. We put some soaked beans into boiling meat broth and boil: if the beans are not hulled, they should be boiled 1½-2 hours; if they are hulled, they should be boiled 45 minutes. After this we put in the millet and boil for 15 minutes, after which we put in the potatoes and boil for 10-15 minutes longer. The soup should be seasoned with sauteed vegetables, browned flour, laurel leaves, pepper, salt, and boiled 5-10 minutes longer. Removing the hot coals from the furnace, we allow the soup to stand, without boiling, for 10-15 minutes

By this same method we prepare barley soup with peas, etc.

Macaroni soup with French kidney beans. Into boiling meat broth we put some soaked French kidney beans and boil for 1.5 hours, until done; then we put in the potatoes, macaroni or noodles and continue to boil for 10-15 minutes.

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After this we season the soup with sauteed vegetables and tomato, pepper, laurel leaves, and salt, and boil for 5-10 minutes longer.

#### Soups with Canned Meats

Before opening cans of meat and after opening them, we should examine them carefully. For easier removal of the contents, we should, before opening the can, place it in a pot or a bucket of warm water. After this we open the can with a can opener and check the quality of the contents of each can. We must not conserve the meat in the cans.

The prepared canned meat should be placed in the pot 5-10 minutes before the soup is done, together with the sauteed vegetables.

If the canned meat can be served in portions (sausage, sausage meat, frankfurters, etc), we cut it up into portions and heat them separately in broth. The broth should be poured into the pot with the first dish and the canned meat put in a mess tin or a mess dish, when we serve the soup or the second dishes hot. We must not serve the canned meat cold.

#### Fish Soups

Fish soups are prepared with fish broth and the wastes of fish. After cleaning the fish, if we are to serve it in portions, we cut it into pieces of the proper size and cook with a range, in a pan, boiling slowly for 20 minutes, adding salt to fresh fish. We pour in water so that the fish will be entirely covered. The heads, tails, fins, etc of fish should be washed; the heads of large fish should be cut up into small parts, placed in a pot, covered with cold water and boiled slowly for one hour, the scum being removed when necessary.

After the boiling, we strain the broth and add to it a part of the fish broth obtained from the boiling of the fish, and then use it for the preparation of soups. The boiled fish should be kept on the range in a dripping pan, in broth, and served hot. The fish should be cooked separately for each messeng group.

The pieces of fish can also be boiled in ordinary boilers if we have a metallic net into which we can place the fish and lower them into the boiler (pot).

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After the fish are boiled we take them out, leaving the broth in the pot and using it for the preparation of soup.

In the preparation of soup from small fish, and likewise in those cases when we cannot be sure that the boiled fish will not spoil (for example, in the summertime, in the absence of a refrigerator or when the range is too small), we proceed in the following manner in the preparation of fish soup from small portions of fish, for example from 60 grams: we cut the fish into small pieces of 15-20 grams, put them in a pot, cover with cold water, using approximately 0.55 liters for vegetable soup and 0.6 liters for grain soups (per serving apparently - Trans.) and boil slowly for 2-2.5 hours, until the fish is boiled soft and the bones are softened. After the boiling, the broth is employed for the preparation of soup, without straining, together with the soft boiled fish.

Potato soup with fish. Into boiling fish broth we put some potatoes cut up in pieces, bring it to a boil and boil for 10 minutes. After this we season the soup with sauteed vegetables, pepper, laurel leaves, and salt and boil 5-10 minutes longer. Removing the hot coals from the furnace, we allow the soup to stand, without boiling, for 10 minutes.

Shchi made of sauerkraut with fish. Into boiling fish broth we put some prepared cabbage and potatoes and boil for 30 minutes, after which the shchi is seasoned with sauteed vegetables and tomato, browned flour, pepper, laurel leaves, salt, and boiled 5-10 minutes longer. After removing the hot coals from the furnace, we allow the shchi to stand, without boiling, for 15 minutes.

Rassolnik with pearl barley and fish. We put prepared groats in boiling fish broth and boil for 35-40 minutes. Then we put in some potatoes, some slices of cucumber pickle and continue to boil for 10-15 minutes. After this we season the rassolnik with sauteed vegetables and tomato, sauteed (browned) flour, spices, and salt, and boil 5-10 minutes longer. After the rassolnik is done, we allow it to stand, without boiling, for 10-15 minutes.

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Barley soup with fish. Into boiling fish broth we put some pearl barley and boil for 35-40 minutes. After this we put in potatoes and continue to boil for 10-15 minutes. After this we season the soup with sauteed vegetables, spices, and salt, and boil for 5-10 minutes. After removing the hot coals from the furnace, we allow the soup to stand, without boiling, for 10-15 minutes.

Millet soup with fish is prepared just as pearl barley soup with fish, the only difference being that the millet is boiled for 15-20 minutes.

Soup with canned fish. Canned fish (fish sauce with tomato) should be put in the pot 5-10 minutes before the soup is done, simultaneously with the sauteed vegetables.

#### Vegetarian Soups

Vegetarian soups are prepared with mushroom broth or water with vegetables and groats, with the obligatory employment of soy bean meal.

Mushroom broth is prepared from all the edible dry mushrooms. The latter should be selected, washed carefully, and soaked in cold water (7 liters of water to 1 kg of dried mushrooms) for 4-5 hours. The swelled mushrooms are boiled in the same water until they are softened. After this we filter the broth, cut the mushrooms up into small pieces and put them in the soup together with the sauteed vegetables.

The soups made with mushroom broth are prepared in the same way as with meat or fish broths.

Potato soup with soy bean meal. We put the sifted soy meal and the cut up potatoes into boiling water and boil for 15 minutes, after which we season the soup with sauteed flour and vegetables, laurel leaves, pepper, and salt, and boil 5-10 minutes longer. The soup should be allowed to stand, without boiling for 10 minutes.

We should remember in the boiling of soup with soy bean meal that we will have a foamy scum, which oftentimes causes the contents to overflow. Hence, it is necessary, after the addition of the soy bean meal, to mix the soup from time to time with a paddle. We must not have a big fire under the kettle.

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Potato soup with groats and soy bean meal is prepared in the same way as potato soup with groats and meat broth. We put in the soy bean meal together with the groats. We do not add any mixing flour.

Millet soup with soy bean meal. We put the washed millet together with the soy bean meal into boiling water and boil for 15 minutes; then we put in the potatoes and boil for an additional 10-15 minutes. Then we season the soup with sauteed vegetables, spices, salt and boil 5-10 minutes longer. Removing the hot coals from the furnace, we allow the soup to stand, without boiling, for 10 minutes.

Barley, rice and other soups with soy bean meal are prepared in the same way as millet soup with soy bean meal.

We are advised not to prepare sour soups (borshch, rassolnik, shchi) with soy meal.

Fresh shchi with soy bean meal. We put fresh cabbage, cut up in large cubes, and soy bean meal into boiling water and boil for 10-15 minutes. Then we put in the potatoes and continue to boil for 10-15 minutes. After this we season the shchi with sauteed vegetables and tomatoes, sauteed flour, pepper, laurel leaves, and salt and boil 5-15 minutes longer. After removing the hot coals from the furnace, we allow the shchi to stand without boiling for 10 minutes.

#### Dishes of Dry Vegetables

When we prepare soups with dry vegetables, it is best to add groats or some fresh vegetables.

Shchi made of dry vegetables and groats. We put the prepared groats into boiling broth and boil, depending upon the kind of groats, for 15-30 minutes, then put in the soaked dry vegetables (potatoes and cabbage), and boil for 30 minutes longer. After this we season the shchi with dry, previously soaked, sauteed vegetables (carrots or onions) with tomatoes, browned flour, laurel leaves, pepper, and salt, and boil 5-10 minutes longer. After removing the hot coals from the furnace, we allow the shchi to stand, without boiling, for 10-15 minutes.

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Soup with dry potatoes and groats. We put the prepared groats into boiling broth and boil for 15-30 minutes. Then we put in the dried soaked potatoes and boil for 30 minutes. After this we season with dry, previously soaked, sauteed vegetables (carrots and onions) with tomato, browned flour, laurel leaves, pepper, and salt, and boil 5-10 minutes longer. After removing the hot coals from the furnace, we allow the soup to stand, without boiling, for 10-15 minutes.

Stewed potatoes. We put prepared dried potatoes in boiling water, add salt, laurel leaves, sauteed carrots, onions, and tomatoes, and stew for 30-40 minutes, until done. After the potatoes are done, we season with meat sauce and stew 10-15 minutes longer.

Stewed cabbage. We cook the prepared dry cabbage in the same water in which it was soaked, until it is done, 30 minutes. After this we pour off the surplus broth, add some fat, sauteed vegetables (carrots and onions), sauteed tomato, laurel leaves, pepper, vinegar, salt, mix well, season with meat sauce and stew 15 minutes longer. The broth remaining should be used for the preparation of soup.

#### • Second Meat Dishes

##### Stewed Meat.

The meat, cut up into pieces of 1.5-2 kg, should be cleared of tendons and outside film, sprinkled with pepper and salt and roasted on all sides in a pan in a range, heating with grease until there a reddish crust is formed on the surface of the meat. The roasted meat should then be placed in a pot with water. Then we add tomato paste, carrots, onions, parsley, laurel leaves, pepper and stew for 1.5-2 hours, until done. After the meat is done we cut it up into portions, put these in a pan, pour in sauce and stew for 15-20 minutes longer. We serve the stewed meat with vegetables or boiled macaroni, pouring on some sauce.

For the preparation of gravy, heat some flour to a brown color, mix it with broth, obtained from the stewing of the meat, until we have a thick creamy liquid, which we pass through a sieve.

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In order to improve the taste qualities and the richness of the first dish, the stewed meat may be prepared in a different manner. At first we may boil the meat until it is half-done, in the broth intended for the first dish, and then roast it as explained above.

Meat goulash. We cut up meat from which the bones have been removed into pieces weighing 15-20 grams, sprinkle with salt and pepper and roast in a range in a roasting pan with hot fat until a crust is formed. We then put the roasted meat in a pot, add water and laurel leaves and stew for one hour. With the broth obtained from the stewing, we prepare a gravy, then we season the meat with the gravy, put in some sauteed vegetables, tomato paste, sauce, mix and continue to stew for 15-20 minutes until done.

In order that the first dish may be richer, the meat for the preparation of the goulash may first be boiled until half-done in pieces up to 1.5-2 kg and the broth employed for the preparation of soup. The meat is taken out, cut up into small pieces, roasted in a pan, after which we prepare goulash as explained above.

As a garnish for the goulash we serve roasted potatoes, potatoe puree or porridge. "Azu" with potatoes is prepared just as in the case of goulash, the only difference being that we add to the "azu" some roasted potatoes, pickled cucumbers, placing them together with the sauteed vegetables.

Mutton ragout. The mutton should be cut up with the bones into pieces weighing 30-40 grams, sprinkled with pepper and salt, fried on a range in a skillet with hot grease. We place the fried pieces of mutton in a pot, add water, laurel leaves, and tomato paste, and stew for 30-40 minutes. With the broth obtained during the stewing, we prepare gravy. With the meat we put sauteed carrots, onions, fried potatoes, pour in gravy and stew 15-20 minutes longer. Instead of putting the fried potatoes into the ragout, we may use them as a garnish.

Meat "solyanka". To stewed cabbage (see page 87), we add roasted or boiled meat, cut it up into small pieces, with pickled cucumbers, all well mixed and stew for 15 minutes.

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Sausage with stewed cabbage. We cut up semi-cooked or boiled sausage into portions, put in a pan, cover with hot water, bring to a boil and allow to boil for 10-15 minutes. The sausage is served with stewed cabbage and also with other garnishes.

Ground meat. The meat should be boned, the tendons removed, cut up into pieces of an oblong shape, passed through a meat chopper having a large grate (coarse grinding). To it we then add white bread, soaked in cold water, pepper and salt, all well mixed and again pass through the meat chopper with a finer grating.

We divide the chopped meat obtained into portions; shape them, put in sugar or flour and roast in a range in a roasting pan with hot grease, bread them with rusk or flour and fry them in a skillet on a range in hot grease until they have a crust and then finish cooking by roasting in an oven. We tell when the meat is done by the white juice which comes out when we stick it with a knife. The meat should be served with potato puree, porridge, macaroni or stewed cabbage, covered with sauce (gravy).

Composition of the chopped meat. For 100 grams of meat, we need 25 grams of white bread, 32 grams of water, 2 grams of salt, 0.1 gram of pepper and 7 grams of rusk for breading.

With the chopped meat we prepare meat balls, to which we add small cut up pieces of bulb onions or green onions. We shape them in the form of balls, roll them in flour, put them in a skillet, fry them and then finish cooking in sauce or broth in the baking oven. As a portion, we serve 2 or 3 balls with various kinds of garnish and gravy.

Fried mutton. We clean the pieces of mutton (the front and hind legs, or brisket), the front and hind legs being cut along the main leg bone, salt, sprinkle with pepper and fry in a skillet with hot grease on a range until the formation of a reddish crust over all the surface of the piece. Then we finish cooking by roasting in an oven. While they are cooking, the pieces of mutton should be periodically covered over with the hot juice that is formed during roasting. When the mutton is done, we cut it up in portions

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without bone and serve it with potato puree, porridge and sauce.

We prepare roast pork and veal in the same way.

#### Fish Dishes

Boiled fish. We cut up the prepared fish into portions, put it in a dripping pan in one layer, cover completely with cold water, and then add salt, laurel leaves, pepper, and boil 15-20 minutes, until done. To salted fish that has been soaked, we do not add salt. After this, we pour off the broth, use a part for gravy and the rest for the fish (first) dishes. The fish should be served with potato puree or boiled potatoes and fish gravy.

Fried fish. We cut up the prepared fish into portions, salt (if the fish is not already salted), sprinkle with ground pepper, roll in flour, and fry in hot grease on the range, until the formation of a crust on both sides, 10-15 minutes. After this we finish cooking the fish by roasting in the oven for 5-10 minutes, without allowing it to become dry. A sign that the fish is done is the fact that the meat separates easily from the back bone. We serve the fish with fried or boiled potatoes and with other garnishes.

Fish "solyanka." Into stewed cabbage (see page 57) we put some boiled fish cut up into small pieces, removing the bones from it beforehand. We then add some cut up pickled cucumbers, mix and stew for 10-15 minutes. For the "solyanka" it is recommended that we take fish having few bones (pike perch, sheat-fish, Siberian salmon etc.).

Herring with vinaigrettes. We first wash the herring, soak it for 6-8 hours in cold water or tea; after this we clean it, remove the entrails, scale it, remove the gills from the head, cut up into portions and serve with vinaigrette and mustard dressing. Herring can be served with hot boiled potatoes or potato puree.

Fish in marinade. Over the boiled or fried fish we pour some prepared marinade. For the preparation of marinade we cut up carrots, parsley, celery, onions and beets into pieces and put them in a pot; we add vegetable oil, tomato paste, laurel leaves and pepper and sautee for 15-20 minutes, until done. After this we add vinegar, salt, fish broth, and boil 10-15 minutes, season with potato flour or browned flour without fat and again bring to a boil.

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For a portion of marinade we require 40 grams of carrots, 20 grams of onions, 15 grams of beets, vegetable oil 15 grams, tomato paste 4 grams, laurel leaves 0.1 gram, pepper 0.2 grams, vinegar 4 grams, flour 5 grams and salt 4 grams.

#### Porridge, Macaroni, and Combined Dishes of Groats and Legumes

Three kinds of porridge are prepared: thick, mush-like (viscous) and thin (gruel).

Mush and gruel. We pour into the pot the necessary quantity of water, add salt and bring to a boil. After this we put in some prepared washed groats and boil until thick: oat meal and pearl barley, 1 hour millet, barley, rice 30 minutes. To keep the porridge from burning we should mix it periodically with a paddle. After the thickening of the porridge, we put into it a half of the fat prescribed in the food apportionment, mix it well, cover tightly with a lid, remove the hot coals from the furnace and allow the porridge to stew: pearl barley and oats 1 hour, millet, barley and rice for 30 minutes.

The second half of the fat ration should be added with a measuring vessel (solid fats in the melted state) in the mess dishes when the porridge is served.

Cottonseed oil should first be heated with onions.

Seminola mush. We pour sifted groats, in a thin stream, into boiling salt water, with constant stirring and boil for 8-10 minutes until done.

In order to avoid the formation of lumps in the cooking of the porridge, the groats, before they are put into the boiler should be mixed carefully with warm water, so that they will not settle on the bottom of the vessel, and poured out quickly into the pot with the boiling salt water, with continuous stirring. Into the pot in which the porridge is to be boiled, we pour a small quantity of water than we took for the preliminary mixing of the groats.

Thick buckwheat porridge. We clean the buckwheat porridge but do not wash it, pour it into boiling water and boil until it is thick, mixing with a paddle, for 30 minutes. After this we put into the porridge one-half the amount of fat prescribed in the apportionment, mix it well, put on the

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cover, close the pot with a special "wedding" cover or a clean fabric, remove the embers from the boiler and allow the porridge to stew for 4 to 5 hours. (sic). The second half of the fat ration should be served when we serve the porridge, in the mess tin.

For accelerating the stewing of the buckwheat porridge, we roast it to a brown color in a baking pan, in the oven, before putting it in the pot.

The period of stewing with preliminary roasting of the groats, is reduced by 2 hours.

Millet mush with pumpkin. We remove the skin and the seeds from the pumpkin, cut it up in small pieces and put it in salted water, allow the water to boil and then put in the groats. After this the boiling of the porridge is done as stated above.

Mush with soy meal. Into salted boiling water we pour some soy meal, well mixed, and after the water comes to a boil we pour in some prepared groats. After this the mush should be boiled just as it is without the soy meal.

Porridge with egg powder. Egg powder is dissolved with three times its weight of water, well pulverized and mixed until we obtain a uniform thin gruel. This we allow to stand and swell for 30 minutes. When the porridge becomes thick, we put in the prepared egg powder, half of the fat prescribed by the apportionment, mix well and cook under a slow fire. We serve the second half of the fat when we serve the porridge, in the mess tins.

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TABLE Showing the Norms for Water and Salt for 1 kg. of Groats for Thick, Mushy and Thin Porridge, the Yield of Porridge and the Duration of Cooking.

Serial Number	Name of Groats	Thick Porridge				Mush				Thin Gruel			
		Water in liters	Salt in grams	Duration of cooking in hours	Yield in kg.	Water in liters	Salt in grams	Duration of cooking in hours	Yield in kg.	Water in liters	Salt in grams	Duration of cooking in hours	Yield in kg.
1	Buckwheat	1.5	20	4.0	2.1	3.4	40	50	4.0	4.7	55	40	5.5
2	Millet	1.7	25	2.0	2.5	3.2	40	50	4.0	4.7	55	40	5.5
3	Pearl barley	2.2	30	2.5	3.0	3.5	40	90	4.0	4.7	55	60	5.5
4	Barley	2.2	30	2.0	3.0	3.4	40	50	4.0	4.7	55	30	5.5
5	Rice	2.1	30	1.5	2.8	3.2	40	40	4.0	4.7	55	30	5.5
6	Oatmeal	-	-	-	-	3.4	40	60	4.0	4.7	5.5	60	5.5
7	Seminola	-	-	-	-	-	-	-	-	4.7	5.5	15	5.5

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Boiled macaroni, noodles and vermicelli. Into boiled salt water, we put some macaroni (broken up into pieces not longer than 10 cm), noodles, or vermicelli and boil while stirring until thick; the noodles and macaroni, 20-30 minutes; vermicelli - 10 minutes. After this we put in one half the fat ration prescribed for apportionment and boil for 15 minutes under a weak fire, until done. We put the second half of the fat ration directly into the mess tins, when we serve the macaroni, noodles or vermicelli.

Macaroni with French kidney beans. We put soaked French kidney beans in boiling water and boil 1.5-2 hours until done. After this we put in some salt and macaroni and boil for 20-30 minutes, until thick. After this we add one half the fat prescribed for the ration, mix well and cook until done over a slow fire. We serve the second half of the fat directly in the mess tins, when we serve the macaroni with French kidney beans.

#### Preparation of the Second Dishes with Legumes

Boiled French kidney beans. We put the soaked French kidney beans into water and boil for 1.5-2 hours, until done. 30 minutes before the French kidney beans are done we salt them, and add one-half the prescribed fat ration and mix well with a paddle. We issue the second half of the fat in the mess tins, when we serve the French kidney beans. We prepare in the same way peas and lentils.

It is recommended that we season the boiled French kidney beans with sauteed onions and tomato paste.

Millet porridge with French kidney beans (or peas). We put the soaked French kidney beans in a pot, pour in water, and boil 1.5-2 hours, until done. Then we salt them, put in the prepared groats and boil 30-40 minutes until thick, after which we add to the porridge one-half the prescribed fat ration, and cook under a slow fire. We serve the other half of the fat ration in the mess tins, with the food.

Pearl barley porridge with French kidney beans (or peas). We put the soaked French kidney beans (or peas) and the pearl barley in boiling salt water and boil slowly for 1.5-2 hours until thick. After this we add one-half the prescribed fat ration, close the cover of the boiler tightly and continue to boil

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under a slow fire for 30-40 minutes, until done. After this we mix thoroughly and serve.

The second half of the fat ration is served in the mess tins, when we serve the porridge.

TABLE of the Norms for Water and Salt for 1 kg, Duration of Cooking and Yield of Dishes Prepared with Macaroni Products and Legumes.

Serial Number	Designation	Water in liters	Salt in grams	Duration of cooking in min.	Yield in kg.
					1 2
1	Macaroni (noodles) .....	3.4	40	30	4.0
2	Vermicelli.....	3.4	40	15	4.0
3	Peas (not shelled).....	1.8	25	60	2.5
4	Shelled peas .....	1.8	25	40	2.5
5	French kidney beans (lentils) .....	1.8	25	60	2.5

#### Second Vegetable Dishes

Potato puree. We put some clean potatoes in the boiler, pour in water to 1 cm above the potatoes, add 15 grams of salt to 1 kg of potato and boil for 20-30 minutes, until done. We then pour off the broth into a separate vessel, and mash the warm potatoes in the pot with a wooden pestle made of hard wood (birch, oak, maple). To the mashed potato we add the prescribed fat and hot broth until we have a normal thickness and then mix thoroughly. When we boil puree in boilers surrounded by cement and pour off the broth, it is difficult to take less water by weight than approximately one-third of the weight of the clean potatoes.

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It is recommended that we add to the potato puree, together with the fat, some sauteed onions, 10-15 grams per serving.

In the preparation of potato puree with soy bean flour, the latter should be put in the pot simultaneously with the potato.

Potato puree with French kidney beans (or peas) and meat gravy. We put soaked French kidney beans (or peas) in boiling water and boil for 1.5-2 hours. After this we put in some cut up potatoes, salt, and continue to boil the potatoes and French kidney beans until done, for approximately 30 minutes.

After this we pour off the broth, mash the hot potatoes and the beans in the pot with a pestle, add hot broth, fat, sauteed onions and mix well. When we serve the puree, we should pour some gravy over it.

Prepared meat sauce (gravy). We cut up the meat in small pieces, fry it in a skillet in hot grease until it has a crust. We put the fried meat in a pot, cover it with water and boil for 30-40 minutes. Into the meat broth obtained from the boiled meat we mix some brown flour until we have a thick cream and then boil for 30 minutes. After this we add to the sauce some sauteed vegetables (onions or carrots), sauteed tomato, pepper, laurel leaves, salt, boiled pieces of meat and boil 10-15 minutes longer under a slow fire.

For 1 serving of gravy, we need the following: meat - 45 grams, flour - 5 grams, fat - 5 grams, tomato paste - 3 grams, carrots, 50 grams, onions 10 grams, pepper 0.05 grams, laurel leaves 0.05 grams, salt - 1 gram, water - 70 grams.

Boiled potatoes. We cut the potatoes up into pieces, put them in a boiler with salt water and boil for 20-25 minutes until done. Then we pour off the broth and use it in the first dish, and season the potatoes with fat.

Stewed potatoes with vegetables. We cut the clean potatoes into pieces and put them in the pot. We pour in broth or water almost to the surface of the potatoes, put in tomato paste, sauteed vegetables, laurel leaves, pepper, salt, put the lid on the pot tightly and stew slowly for 20-30 minutes until done.

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Fried potatoes. We cut up into pieces cleaned, raw, or boiled (in the skin) potatoes. We then salt them and fry on the range in a skillet (in a layer 5-6 cm) with hot grease until the formation of a golden crust, 10-15 minutes. If we fry raw potatoes, we should finish cooking them by roasting in the oven.

Stewed cabbage. We put fresh shredded cabbage or sauerkraut in a pot, cover with a small quantity of broth or water (for 1 kg of cabbage, we use 300 grams of broth). Then we put in tomato paste, cover the pot tightly and stew for 1--1.5 hours, stirring from time to time. After this we add sauteed onions, carrots, flour, laurel leaves, pepper, vinegar, salt and stew for 15-20 minutes longer.

Stewed cabbage with pearl barley. We add to the cooked and well stewed cabbage some boiled pearl barley, mix it well and stew for 10-15 minutes.

Stewed cabbage with French kidney beans are prepared in the same way as stewed cabbage with pearl barley, the only difference being that instead of barley we use boiled kidney beans.

Vegetable solyanka. We put fresh shredded cabbage in a pot, add a small quantity of broth or water and tomato paste, and stew for one hour, stirring from time to time. After this we put in the fried potatoes, cut up pickled cucumbers, sauteed vegetables, laurel leaves, pepper, salt, and continue to stew for 15-20 minutes. After this we season the solyanka with browned flour and stew 15-20 minutes longer.

Vegetable solyanka with pearl barley or French kidney beans is prepared in the same way as vegetable solyanks, the only difference being that we add boiled pearl barley or French kidney beans, which we put in together with the potatoes and the sauteed vegetables.

Stewed vegetables. We put clean cut up vegetables, such as beets or cabbage, in the pot, add broth or water in an amount equal to about one-half the weight of the vegetables, plus fat and tomato paste and boil for 15-20 minutes. After this we put in some cut up pieces of potato, browned onions, carrots, laurel leaves, pepper, and again stew for 15-20 minutes, with the cover on, until done.

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Ragout made of vegetables and meat sauce. We sautee the clean cut up pieces of vegetables, such as carrots and onions, fry the potatoes, boil fresh cabbage, or allow them to half-boil. We put the prepared vegetables in a boiler, cover with meat sauce, add laurel leaves, pepper and salt, cover the boiler tightly with the lid and stew for 15 minutes. It is recommended that we put into the ragout some seasoned vegetables: fresh tomatoes, rape, turnip, green peas, etc, in the amount of 15-20 grams to the serving, of each kind, putting them in together with the main vegetables.

#### Cold Dishes

Vinnigrettes made of vegetables. We boil potatoes, beets, and carrots separately in the skin. When we boil the beets, we should add vinegar, in order to conserve the color, and to the potatoes we should add salt. After the vegetables are done, we should clean them, cut them up into slices, cut up some fresh or pickled cucumbers, shredded onions and selected sauerkraut. All the prepared vegetables, greens, and parsley should be placed in a wide vessel, salted, seasoned with mustard and mixed, without crumpling the vegetables.

#### The Preparation of Mustard (or Salad) Seasoning

To the prepared mustard we add salt, vinegar, vegetable oil and ground pepper, mix and shake up well.

For one portion of vinaigrette we need the following: prepared mustard 1 gram, vegetable oil - 10-15 grams, mustard - 5-8 grams, pepper - 0.1 gram.

Vinaigrette with French kidney beans is prepared in the same way as vinaigrette with vegetables, the only difference being that we add the boiled French kidney beans.

Potato salad. We clean the boiled vegetables (potatoes or carrots) and cut fresh or pickled cucumbers into slices (We cut the tomatoes into segments). We shred the lettuce, green fennel and parsley. We put the prepared vegetables in a vessel, salt them, cover with salad dressing and mix.

Sauerkraut salad. To selected sauerkraut we add some shredded onions, vegetable oil and mix well.

Galantine. (Meat jelly). Galantine is prepared from the feet and lips

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of cattle and hogs. We first singe and then scrape these parts and wash them in warm water. The cleaned and washed products should be cut up in pieces of 15-20 cm, put in a boiler, covered with cold water at the rate of 1.2 liters of water to 1 kg of product, and boiled slowly for 3-4 hours.

After this we add onions, carrots, laurel leaves, pods of pepper corns, salt, and boil for 30-40 minutes longer. After this we can easily remove the bones from the meat, pour off the bouillon, and cut up the meat. We put the ground meat with the bouillon, bring it to a boil, cool it to the consistency of a liquid kiszel, pour it off into a baking pan, and cool in a refrigerator, where it is kept until it is served. The prepared galantine should be cut up into servings and served with horseradish sauce.

We are forbidden to prepare galantine in the summer.

#### The Preparation of Sauces (Gravies)

Meat, fish, and other sauces improve the taste of foods, give to them a better external appearance and increase their assimilability. Sauces are prepared from meat, fish, and mushroom bouillons and also from vegetable broths. The sauce must contain the following: wheat flour, spices and vegetables (carrots, onions, parsley and others). The norm for sauce is 70-80 grams for one dish.

Meat gravy. We cut up the bones into pieces of 15-10 cm and roast with vegetables (carrots, onions) in a baking pan in an oven until they are brown. After this we put them in a pot, cover with cold water and boil slowly for 6-8 hours. The fat floating on the surface of the bouillon should be removed and used for the browning of flour or vegetables. After the boiling, we pass the bouillon through a sieve and mix with the flour we have browned on the range, to a consistency of a creamy liquid, add sauteed tomato paste and boil for 1 hour. After this the gravy should be filtered, seasoned with sauteed vegetables, laurel leaves, pepper, salt, and boiled 5-10 minutes longer. For vegetable and groat dishes, it is recommended that we add to the meat gravy some small cut up roasted meat in the amount of 45 grams to 100 grams of gravy. We use the meat gravy with meat, vegetables, and groat dishes. The taste of the gravy is slightly sour,

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with an odor of fried meat and spices, and it has a brown color.

For 1 liter of gravy we need the following: wheat flour, 50 grams; fat, 50 grams; tomato paste, 30 grams; salt - 10 grams; laurel leaves, 0.2 grams; pepper corns, 0.5 grams, carrots, 50 grams; onions, 50 grams; greens, 50 grams; bouillon, 1 liter.

Fish gravy. We place the fish wastes (head, tails, fins and scales), obtained in the dressing of fresh fish, into a pot, pour in cold water (to 1 kg of fish waste, 3 liters of water), add some raw onion, culinary herbs and boil over a slow fire for 45-50 minutes. After this we filter the bouillon through a sieve, mix into it some browned flour, to the thickness of a liquid cream, and boil for 30-30 minutes. After this we add to the gravy some sauteed vegetables and tomatoes, laurel leaves, pepper, salt, and boil 10-15 minutes longer.

The gravy will taste slightly sour, with an odor of fish; the color will be slightly brown. The fish gravy is served with the fish dishes.

For 1 liter of gravy we need the following: wheat flour, 50 grams; fat, 50 grams; salt, 10 grams; tomato paste, 30 grams; laurel leaves, 0.3 grams; pepper corns, 0.5 grams; carrots, 50 grams, 50 grams; onions, 50 grams; greenstuff, 50 grams; bouillon, 1 liter.

Tomato sauce (gravy) with vegetables. We sautee vegetables (carrots, onions, and parsley), cut up in small pieces for 10-15 minutes. We mix with the vegetables broth or hot water some browned flour and boil for 25-30 minutes. We then add vegetables sauteed with tomato, some laurel leaves, pepper, salt, and boil 5-10 minutes longer.

It is recommended that one place in the sauce some fresh tomato and boiled kidney beans, pass through a sieve, some green parsley, and fennel, putting them in together with spices. The taste of the sauce will be sharply sour, with the odor of vegetables and a brown color. Tomato sauce is served with vegetable dishes and French kidney beans.

Tomato sauce may be prepared with meat and fish bouillons.

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For 1 liter of tomato sauce we need the following: wheat flour, 50 grams; fat, 50 grams; tomato paste, 50 grams; carrots, 100 grams; onion, 100 grams; greenstuff, 50 grams; vegetable broth 1 liter; ground pepper, 0.4 grams; laurel leaves, 0.2 grams.

Mustard sauce with onion. We sautee finely cut up onion in fat for 10-15 minutes; after this we add to it vinegar, laurel leaves, pepper and continue to sautee until the disappearance of the odor of the vinegar, 5-10 minutes.

After this we put the sauteed onion in prepared meat or fish sauce, add the prepared mustard, and boil for 5-10 minutes. The taste of the sauce will be tart; the odor will be that of mustard and the color will be brown. Mustard sauce made of fish bouillon is served with fish dishes, and that made of meat bouillon, with meat dishes.

For 1 liter of mustard sauce we need the following: prepared mustard, 20 grams; vinegar, 75 grams; onion, 50 grams; pepper, 0.4 grams; laurel leaves, 0.2 grams; prepared meat or fish sauce, 1 liter.

Sauce with pickled cucumbers. We add to the prepared meat or fish sauce some pickled cucumbers, cut up in small pieces (to 1 liter of sauce, 200 grams of cucumbers), sauteed onions, pepper, laurel leaves, and boil for 10-15 minutes. The sauce is served with boiled potatoes and potato puree, and also with fish and meat dishes.

#### Preparation of Tea

Hot water for tea is heated in boilers or in special kettles in which one must not prepare other drinks. The tea should be boiled only in teapots, preferably of earthenware or porcelain. We must not boil tea in kettles and mess this. Before boiling the tea, the teapots should be rinsed with boiling water.

We put in a measured amount of tea, pour in the boiling water, put on the cover, and set on the side of a hot range, allowing it to stand for 10-15 minutes without boiling. For each pot of tea we use 0.5 grams of tea per person.

Before serving the tea, after it is infused, we pour it into the teapots, fill the latter with boiling water and send them to the mess hall. For each soldier or sergeant, we prepare 0.5 grams of tea for one meal.

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XII. RULES FOR THE CONSERVATION OF VITAMIN C AND VITAMIN A IN THE PROCESSING  
OF VEGETABLES AND THE PREPARATION OF FOODS.

Vitamin C protects us against scurvy. It is to be found chiefly in fresh vegetables, fruits, and greenstuff. The sources of vitamin C in army foods are cabbage, potatoes and fresh greenstuff -- garden and wild kinds. A large amount of vitamin C is also found in fennel, green parsley, carrots, spring onions and in wild greenstuffs, young nettles, clover, blue lucerne, sorrel, tart sorrel (*oxalis acetosella*) etc.

Vitamin C is contained in butter and yellow of eggs. It protects against the disease called hemeralopia. In vegetables and greenstuff it is found in the form of a reddish substance known as carotene, from which vitamin A is formed in the organism of man.

Of all the vegetables prescribed as food for the armed forces, carrots contain the greatest quantity of carotene. It is in practice the basic product providing a supply of vitamin A in the ration of troops. Hence, it is very important to see that carrots are served daily, and in the absence of them, in the summertime, we should serve garden or wild greenstuff, spring onions, fennel, parsley, lettuce, sorrel, young nettles, lucerne, all of which contain a great deal of carotene.

Special attention should be given to the conservation of vitamin C, since it is less stable and easily destroyed by incorrect processing of the food products, long boiling or keeping over cooked foods.

In order to conserve vitamin C in the food, the cook should observe the following rules:

- 1) Do not start the dressing of vegetables earlier than 4 hours before cooking, nor the cutting up of the vegetables earlier than 1-2 hours before cooking. Cleaned potatoes must be kept in water whole, because if they are cut up, they will lose in 30 minutes a great deal of their vitamin C. Cleaned and cut up vegetables -- cabbage, beets, etc should be kept covered with a moist fabric but not for more than 1 hour.

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- 2) Frozen potatoes and vegetables should be put in the pot for cooking without being thawed. Thawing before the beginning of cooking leads to the almost complete destruction of vitamin C. Frozen potatoes, placed in the pot without thawing, lose only 10-15% of their vitamin C.
- 3) When we boil potatoes and other vegetables, we must put them in boiling water, because the loss of vitamin C will be increased if we put them in cold water. Potatoes will lose less of their vitamin C if they are boiled with the skin on.
- 4) Greenstuff, parsley, fennel, etc., after careful washing in clean cold water, should be put, before serving, not in a boiler but in a tureen, cut up in small pieces.
- 5) We wash sauerkraut only under exceptional circumstances, when it is very sour. The washing and pressing causes a heavy loss of vitamin C. The sauerkraut brine of good quality should be used for adding to shchi, borshch, and for the seasoning of salads and vinaigrettes. Sauerkraut kept without brine does not contain any vitamin C.
- 6) We boil vegetables and vegetable soup in pots with the cover on. In open pots the loss of vitmain C is greater.
- 7) If we boil vegetables for a long time or keep over cooked, more vitamin C is destroyed; hence, in serving food to two groups, the food should be prepared for each group separately, observing the period prescribed for boiling of the products.
- 8) When we prepare potato puree by passing it through a meat cutter, the loss of vitmain C amounts to 70-90%. Less vitamin C is lost if the potatoes are mashed in the pot with a wooden pestle.
- 9) Dishes should be served immediately after they are prepared.  
 If we keep shchi made of fresh cabbage for 3 hours at a temperature of 70 degrees there is left in it only 20% of vitmnin C; if kept for 6 hours, there is left in it only 10% of vitamin C. During this time the vitsmin C is completely destroyed in potato soup. In sour shchi and borshches, the vitamin C keeps better. If borshch is kept for 2 hours at a temperature of 75-90

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degrees, up to 60% of the vitamin C is retained; but in other cases only up to 30%. By repeated heating of vegetable dishes, the vitamin C is destroyed completely.

10) We are not permitted to boil vegetables in tin, copper or iron vessels whose plating is defective. In such vessels the vitamin C is destroyed completely.

11) If vegetables are kept for a long time in warehouses, the vitamins C and A are gradually destroyed in the course of time and their content in the vegetables is greatly reduced; hence, when summer comes on, we should add to the food some fresh garden vegetables or wild greenstuff.

Vitamin C is practically absent in dried vegetables.

12) Greenstuff and vegetables intended for food should be conserved in a cool place. The direct rays of the sun destroy the vitamin A and, hence, we must not expose cut up vegetables to the rays of the sun.

#### XIII. THE PREPARATION OF FOOD FOR SERVING

Before beginning to serve the foods, the cook-instructor checks the actual volume of the prepared first and second dishes, and the weight of the meat and fish portions.

The volume of the first dishes, and also the weight of the second dishes and of the meat and fish portions, should correspond to the yields prescribed in the apportionment of provisions.

The volume of the first dishes and of some of the second dishes (porridge, potato puree, ragout, and others) is determined by means of a "pot meter" (see Appendix No. 12) which every cook should know how to use. By dividing the volume of food in the pots by the number on messing status, we determine the actual yield for one portion. For example, the volume of borshch in two pots is 363 liters. There are 510 men on messing status. By dividing the volume of the borshch by the number on messing status we obtain the actual volume of the portion of the first dish, namely,  $363:510 = 711$  cc.

By the same method we check the volume and weight of the second great and potato dishes. For example, the volume of porridge prepared in the pot is 155 liters. Dividing this by the number on messing status, we determine the actual volume of a portion of the second dish  $155\ 000:510 = 304$  cc. Multiplying

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the volume of the portion of porridge by its specific weight (1.2), we determine the actual average weight of 1 portion,  $304 \times 1.2 = 365$  grams.

In the first dishes, we should direct our main attention not only to the volume of the food but also to its thickness, that is, the amount of vegetables and groats, which in each portion should be, together with the meat, not less than 300 grams; hence, in the drawing up of the apportionment we should make sure that for one portion there will be not less than 350 grams of vegetables or groats, gross, corresponding to the coefficient of substitution.

No less essential is the observance of the norms for the waste in potatoes. The waste in the processing of vegetables should not exceed the prescribed norms. We should strive to reduce the waste in every way. The thickness of the food is determined by sampling several portions, by the removal of liquid and by weighing the thick parts on scales. We remove the liquid part by straining through a double layer of clean gauze or a fine sieve.

The actual average weight of the proportion of meat (or fish) is determined by weighing all the boiled meat without bone and dividing it by the number of persons on messing status.

For example, the weight of the boiled meat is 35.7 kg. Dividing into 510 portions (the number of those on messing status), we determine the weight of one meat portion in grams:  $35.700 : 510 = 70$  grams. The actual weight of one portion of meat is placed on the control sheet and on the board in the kitchen.

If the actual weight of the portion of meat or fish turns out to be less than the prescribed apportionment, one should report the fact immediately to the manager of the mess hall and to the chief of Class I supplies. After the checking of the average weight of the portion of meat or fish, we estimate the quantity of the prepared portion.

20 to 30 minutes before the food is to be served, the cook-instructor checks the quality of the prepared dishes. He takes samples from each pot and each cooking operation. For the liquid dishes, the food should be mixed and a small quantity of food taken with a scoop from each pot.

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Vessels intended for serving purposes, tureens and scoops, should first be measured and their capacity should be known by all the cooks. The issuing of the first and second dishes is done with separate scoops (ladles).

For convenience in serving, some tables should be set up at the issuing window and some stools on which to place the pots of food and the tureens. Here, too, there should be some kitchen scales for the checking of the weight of the portions.

A cook is assigned for the serving of each dish (first or second). The cook-instructor should check the correctness of the issuing of the food and the uniformity of its distribution, especially the weight of the meat and fish portions. It is forbidden to allow men of the daily detail to issue the food. The cooks should have on clean special clothing. Before beginning to serve the food, the senior cook of the shift puts into the range boilers the portion of meat intended for serving, pours warm bouillon on them, places the boiler on the range and boils the portions for 15 minutes.

At the time prescribed by the order to the regiment, the cooking of the food and the preparation of the tea should be completed.

After the tasting of the food by the surgeon and the rendering of his decision as to its fitness, the food is presented for tasting by the commander of the regiment or the deputy commander of the regiment in charge of supplies.

The duty officer of the regiment, before the serving of the food, checks its quality, making the appropriate notation on the control sheet; in case of doubt as to the quality of the food, he immediately reports to the commander of the regiments and calls the surgeon.

Permission for serving the food is given by the duty officer of the regiment.

The senior officer of the company or the duty officer of the company must, before the beginning of the serving of the food, report to the kitchen duty officer the number of persons who are on detail and those that are absent for service duties and for whom it is necessary to leave some food.

The senior cook of the shift, on the basis of the instructions of the kitchen duty officer, removes the necessary quantity of food before the general serving,

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puts it in separate closed vessels and immediately carries it to the refrigerator or ice box. The portions of meat are placed in a separate vessel.

The cook-instructor must make a personal check to see whether or not the cooks know how to distribute the food uniformly and, if it is necessary, he teaches them. He checks the cleanliness of the ladles (scoops), their capacity, and how they meet the requirements for serving. For each shift, the mess-dishes should be of one and the same dimensions.

#### XIV. THE SERVING OF THE FOOD

15 minutes before the serving of the meal, the commander of each company (or smaller unit) sends to the mess hall 1 soldier for each table (10 to 12 men) under the command of a sergeant (or company duty officer), for the preparation of the plates and dishes and the food for their small units. The senior of the party reports his arrival to the manager of the mess hall and under his direction proceeds to serve the tables: he receives the plates and dishes, bread, sugar and distributes them over the tables. The senior of the party signs a receipt for the plates and dishes. The soldiers setting the table distribute the tableware -- plates, bowls, spoons, forks, knives, mugs, salt shakers, pepper shakers, mustard bowls, bread trays with bread, water bottles with boiling water or teapots. For the putting of the scraps 2 additional tureens are placed at each table. We are forbidden to place the containers with the hot food directly on the oilcloth; under each container should be placed a circular piece of wood or metal in order to protect the oilcloth from damage. The senior of the party reports to the duty kitchen officer the completion of the setting of the tables, the number of men arriving in the mess hall for the meal and receives permission for the serving of the first dish.

The first dishes are handed out in containers 5-10 minutes before the arrival of the small units, so that during this time the food will not get cold. The food is not put into the tureens until the arrival of the small units; it is forbidden to put the food into the tureens earlier than this. The second dishes and the tea are served after the arrival of the small units.

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The cooked food, placed on the table in containers should have a temperature of at least 75 degrees for the first dishes and not less than 65 degrees for the second dishes.

The serving of the food to the small units is done by the cook. It is preferable that the senior cook of the shift serve the meat and fish portions of the second dishes. The cook-instructor should see that the food in the containers is served uniformly, in the prescribed amounts. The liquid dishes from the boilers are poured out in measured scoops (or ladles). When we serve food from small boilers, we should first mix the contents with the scoop. In large boilers the frequent mixing leads to extensive breaking up of the food into small particles and, hence, it is not recommended that we mix the food when serving it, but we should serve uniformly from the bottom and from the upper part of the boiler.

Into each container of the first dish we add some fat taken from the surface of the boiler before serving the food, and in the summertime put in some finely cut up and washed greenstuff (spring onions, parsley, fennel, etc) to improve the quality, the taste, and the external appearance of the dish.

The second grain dishes -- porridge, thin gruel, potato puree etc must be put into the container with measured scoops. We add the remaining half of the fat ration, prescribed for apportionment, and spot check the weight in the separate containers.

The portions of boiled meat are, as a rule, served in the first dishes, in separate tureens for each table. The portions of meat should first be boiled a little in bouillon. The meat portions are served in accordance with an estimate made in the presence of the diner, under the supervision of the cook-instructor (or senior cook) and the kitchen duty officer.

Goulash, ragout, beef stroganov and meat sauce (gravy) are issued to each table (10 men) by weight in a separate vessel (tureens, containers), and the stewed boiled and fried meat, and the ground meat -- in portions, by weight. The garnish is served in a separate vessel. Up until the moment of serving they should remain on a hot range.

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For uniformity in the distribution of the food it is extremely important that it be served in containers with the same capacity; for example, for 5 or 10 men; this helps the cook to get accustomed to the precise amount of the portions.

Food is served to patients in the regimental hospital in accordance with the instruction of the kitchen duty officer. Food is served last of all to those who are in the lock up.

In serving the small units or the guards and those served outside the mess hall, the food must be served in vessels (thermos containers) tightly closed with covers. It is forbidden to serve food in galvanized buckets and containers without a cover.

In the process of serving the food, the senior cook checks to see what is left in the boilers, the thickness, the number of portions and also checks the uniformity and completeness with which the prescribed portions are served. The volume of food in the pots is determined by a pot meter.

During the time of the meal the cook-instructor (or senior cook) must go in person into the dining room and talk to the soldiers and sergeants about the quality of the food and find out their wishes in order to take them into account in his subsequent work.

After the serving of the food, the cook-instructor checks the remains of the first and second dishes, the meat and fish portions and finds out why the food was left over.

#### XV. KEEPING OVER OF COOKED FOOD

The keeping over of cooked food is permissible only for persons of the daily detail, who have not received their food at the regular meal, and for those persons who are absent on a service detail. Before the regular meal, the cooked food assigned for later consumption by absent persons, in accordance with a requisition of the senior officer of the small unit or a request of the duty officer of the kitchen, is taken out in a separate closed vessel and put in a cold place (in an ice box or refrigerator). The meat and fish portions

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should be kept separately, covered with a piece of gauze. The period for keeping over should not be more than 4 hours. The cooked food to be kept for a short time up to 2 hours may be left on a range having a temperature of not less than 70 degrees. It is categorically forbidden to keep food in the oven of the range.

We are forbidden to keep over ground fish and stuffing.

The keeping of semi-prepared food products such as ground meat and meat cutlets, cut up for boiling or frying of portions of meat or fish, is forbidden. Semi-prepared food products should be cooked immediately after they are prepared.

Cold dishes (vinaigrettes and salads) may be kept over in a refrigerator or ice box, but not for more than 2 hours and without dressing with oil or vinegar. The dressing of vegetables with vegetable oil and vinegar should be put on just before the serving of the food.

We are forbidden to keep over vegetables in a galvanized vessel or in a vessel whose copper plating is poor and damaged, because this may cause poisoning with the salts of the metals.

Before allowing the serving of the foods that have been kept over, the senior cook of the shift must examine them in person and see that they are of good quality before serving them. Liquid dishes must be boiled for 15 minutes, and second meat and fish dishes should be fried some more. If we keep over portions of boiled meat, they should be put in soup and boiled a second time. Heated up dishes should be served immediately. The further keeping of them is forbidden.

The cook instructor must check, in person, to see if the cooks know the rules for the keeping over of cooked foods and make sure that the foods have been kept properly. The improper keeping of foods may cause them to spoil and lead to stomach and intestinal disorders.

#### XVI. THE WASHING AND STORING OF THE PLATES AND DISHES AND THE KEEPING OF THE WORK PREMISES

##### The Kitchen Vessels.

After the serving of the food, the remains of food should be removed from the boilers, the latter cleaned on the outside with a piece of bast and filled half-full of clean water. In order that all the remains of food left sticking

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(burned) may come off easily, it is necessary that the water poured into the boiler be heated to approximately 70-80 degrees. To remove more effectively the sticking particles of food, we clean the inside walls and bottom of the boiler with a stiff grass brush or a piece of bast, after which we wash with boiling water.

We should not wash tin plated vessels with sand, brick powder or a metallic brush, because the employment of them injures the vessels.

Containers used for carrying raw meat and vegetables, scoops and other kitchen vessels, regardless of the purpose for which they are used should at first be cleaned on the outside then washed on the inside with warm water having a temperature of 70-80 degrees C. The washing with warm water should be repeated at least twice, depending upon how dirty the vessel is.

After the boilers are washed, they should be dried and covered with a lid. Baking pans, skillets, containers and other vessels, after being washed, should also be dried and kept dry in a closed cupboard or on shelves.

Brushes, after being used should be cleaned, and boiled a little in a 2% solution of clean soda, washed in hot water and dried.

#### Dining Room Plates, Dishes, and Other Utensils.

After the meal, all the tableware and utensils that have been used should be carefully cleaned of the remains of food. The cleaning is done with a piece of bast or a grass brush. It is forbidden to do the cleaning with the naked hands, with metallic scrubbers or metallic brushes. The utensils should be washed immediately after the remains of food are removed from them. The knives and forks should be cleaned with fine clean sand, ashes, emery powder or emery (glass) paper. Metallic spoons and aluminum vessels should be cleaned only with chalk.

We wash the kitchen utensils in three waters; the first water plus 50 degrees, and the second plus 60 degrees. After this we scald the utensils in hot boiling water or put them for 1-2 minutes in a special basket in boiling hot water. We should carefully dry the washed utensils but not rub them. The spoons, knives, and forks should be washed in the same way as the dining room utensils, but

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after washing they should be wiped dry so that they will not rust. For a more effective removal of the grease we add to the water of second washing a 2% solution of clean washing soda or ash lye. After being washed in lye, the utensils should be rinsed with clean water and then with boiling water.

It is forbidden to use soda, lye, or soap to wash aluminum utensils and the metallic spoons, because this causes them to wear rapidly (appearance of small holes in the utensils).

In serving the tables, clearing them and washing the utensils one should be very careful. Special care should be taken in handling all the vessels and tableware; glass, porcelain, earthenware and enamel.

We must not pour hot water all at once into thick glass vessels such as water bottles and cut glass vessels, if they are cold, especially if some cold water has been left in the vessels. To keep the glass from cracking from the boiling water, we should at first rinse the vessel with a little warm water, gradually heat up the bottom and walls and then pour the hot water or tea into the warmed vessel. Glasses, porcelain and enameled mugs should be carried on trays. The porcelain and chinaware, plates, tureens, saucers, etc, at the serving of the meal and the cleaning of the table, should be carried in small piles of not more than 10 or 12 pieces. The pile should contain the same kind of ware: deep plates together, shallow plates together, without alternating; knives, spoons, forks, or even bones and hard pieces of food left should not be left between the plates in the piles but should be gathered up separately. When we carry the tableware in piles and set it on the table, we must be careful not to strike or shake it.

We should also handle the utensils carefully when we wash and store them. For washing we put the vessels in a pan or sink with water, one by one, cautiously, so that the vessels will not strike against each other or against the walls or bottom of the pan or sink. In the wash sinks of concrete, sheet iron, and enamel the bottom and walls must be lined with a wooden grating to reduce the breakage of the vessels. Vessels with broken enamel: mugs, teapots, tureens and plates, should be protected against blows and pressure, and they should

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not be placed empty on a heated object or near the fire; this causes a cracking of the enamel. Vessels with the enamel broken rust quickly and become unfit for use. In such vessels we should not leave water but should dry them carefully after washing.

We are categorically forbidden to damage the vessel -- to bend, crush, crumple, or knock it with metal spoons, mugs, or tureens, break lumps of sugar with them, strike them against other objects or to cut or pound products in them.

For the protection of the dining room oilcloth, we should put under the stew pan containing hot food and under the teapots with hot boiling water a wooden disc or metallic support; sharp corners and edges of the table should be smoothed with a plane before covering the table with the oilcloth. On the oilcloth we should not cut bread or meat, nor break pieces of sugar, etc, nor in any case should we nail the oilcloth to the table; when we clean up, we should not fold the oilcloth but should roll it on a smooth stick.

The mess hall utensils of every day use should be kept as follows in cupboards, closed with a lock, separately from the kitchen utensils; the glasses and mugs in rows on shelves, upside down; the enameled and aluminum tureens, plates, and saucers, in piles of not more than 20 pieces, upside down; porcelain-chinaware plates and saucers, in piles of not more than 10 pieces, upside down or placed edgewise. When we store the vessels edgewise, the shelves should be equipped with laths, which prevent the sliding of the vessels from the shelves.

The knives, forks and spoons of the mess hall, the tea and other utensils should be kept in separate wooden boxes and wiped dry. We should place the vessels on the shelves and take them from the shelves carefully, in order not to strike them against each other or against other hard objects.

#### Sanitary Requirements for Tin Plated Vessels

The preparation and conservation of food in galvanized and in copper plates vessels that have the plating broken is categorically forbidden. Nor may we use copper scoops when the plating is broken. All the utensils requiring tin plating or plating of other kinds should be sent immediately for repair.

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The tin for tin plating should contain not more than 1.0% of lead.

After we plate the vessels, they should be carefully washed with water, wiped with a grass brush or rags. After this we put some water in them and bring it to a boil. Vessels of galvanized iron may be used for conserving and boiling of water, for the washing of vessels; and for the carrying of loose dry products such as flour, grain and groats.

#### Cleaning up the Workrooms

All the workrooms should be kept irreproachably clean. We should clean up the rooms each day carefully, remove the dirt, dust, scraps, cobwebs, etc, ventilate all of the rooms, and wash the floors immediately after they are soiled. At least once a week, regularly, we should also wash the window frames, clean the walls, and if necessary whitewash them.

During the work we should do the following:

- a) Clean up and put in place all of the used packing, vessels and other items of the inventory;
- b) Clean up the workrooms and surrounding spaces as they require it;
- c) After each work operation, we should carefully clean up the place and wash the tables, the chopping boards, knives and other objects with hot water;
- d) At least once a week all the tables and chopping boards should be carefully washed with a 2% hot solution of washing soda.

#### Collection and Removal of the Waste and Scraps

The wastes from the dressing of the food products and the remains of food should be gathered in metallic containers with covers. As the waste accumulates, it should be removed.

The waste should be kept in a special room isolated from the work and storage quarters, in tightly closed containers. The waste should be removed from the collecting vessels each day.

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All the packing used for the carrying and keeping of the waste should be cleaned each day and rinsed with hot boiling water.

#### Measures for Combatting Insects and Rodents

When spring comes, all the windows of the wookrooms, storage, and mess hall, should be closed with a metallic net or gauze. For the destruction of flies we employ sticky fly paper and fly catchers. The employment of poisonous substances is prohibited.

For keeping cockroaches away, we close the cracks in the partitions, walls, and cupboards. We should not allow crumbs or the remains of food to accumulate on the table, in boxes, on the shelves, etc.

If there are cockroaches present, we clean up the rooms and equipment carefully and scald them with boiling water or steam. For steaming the equipment it will be convenient to employ a special tea kettle with an inside tube on a convenient stand, where we place some hot coals. Such a device can easily be prepared from tin containers in any military unit, on the spot.

To prevent the appearance of rodents (rats and mice), the holes, cracks, and the openings around pipes should be closed with tin or cement with the addition of ground or broken glass. At a height of 10-15 cm from the floor, on the legs of shelves, we make some metallic vizor-like guards. For the destruction of rodents we employ traps. It is forbidden to keep cats in the kitchen or mess hall.

The employment of chemical methods for the destruction of rodents is allowed only on condition that we get expert de-ratters to do the work, in agreement with the senior surgeon of the unit and under the supervision of the workers of the medical service.

#### XVII. PERSONAL HYGIENE OF COOKS, SERVICE PERSONNEL, AND

#### THE PERSONS OF THE DAILY DETAIL

Before they start to work, all the kitchen and mess hall personnel should take a shower bath, put on clean special clothing, wash their hands carefully.

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with soap and brush. The finger-nails should always be trimmed and cleaned. The permanent workers of the kitchen mess hall should have a medical examination once a week. The members of the daily detail for the kitchen should be given a medical examination by the assistant surgeon on duty before they begin their tasks.

The cooks should wash each day. They should change linen at least twice a week. If necessary, they should change linen more often.

While at work, the personnel of the kitchen mess hall must observe the rules for cleanliness and neatness. The obligatory requirements are the following:

- a) One should wash the hands in shifting from one kind of work to the other, after each soiling of the hands, after an interruption in work and each time after return to the kitchen (after going out to smoke, to the toilet etc).
- b) When one leaves the kitchen or mess hall one should take off the special clothing and put it on again upon returning.
- c) The cooks dishing out the food should put on clean special clothing.

In each kitchen there should be the following:

- a) A wash basin, soap, towel, spittoon and clean special dress for the shift.
- b) Wardrobes for keeping the outer clothing of the personnel of the kitchen and the clothes rack for the clothing of the persons arriving to check the work of the kitchens.

#### XVIII. RECORDS KEPT IN THE KITCHEN AND MESS HALL

In the kitchen we keep the following records: a control sheet of the products placed in the boilers; a record of the medical inspection of the cooks and the service personnel; a record of the kitchen and mess hall vessels, equipment and inventory; a list of the property in each room.

The control sheet. In the office of the supply section the manager of the mess hall receives the control sheet each day at 1800 hours, with the information concerning the number of persons on messing status in each of the small units, signed by the chief clerk. He then turns over the control sheet to the cook-instructor and the latter keeps it with him personally, fills out all the

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necessary information in the processing work and after the completion of his period of duty turns it over to the manager of the mess hall.

The cook-instructor records the following on the control sheet:

When a new shift comes on -- the food cooked and not cooked, remaining from the preceding shift.

The products received from the food warehouse for the preparation of breakfast, lunch and supper. The notation is made immediately upon receipt, on the basis of the invoices. The invoices are attached to the control sheet; the name and net weight of the products placed in the boiler; for example, peeled potatoes, meat without bones (the bones are shown in a separate column) etc separately for the preparation of breakfast, lunch, and supper.

The actual weight of the meat and fish portions and of the second and first dishes after determination by the cook-instructor.

When he serves the food to the small units, the cook-instructor (or senior cook) makes a notation on the control sheet of the amount of the portions served to the small units and gets the notation signed by the commander of the small unit or upon his request by the senior of the party serving the table. He also makes a notation of the number of portions requisitioned for those not present at the meal.

After supper, if any food is left over, the quantity should be noted in the proper columns;

In each case, after filling in the information on the control sheet showing what is received and what is placed in the boiler, the cook instructor (or senior cook) signs the sheet. After the work is done, the kitchen duty officer and the manager of the mess hall approve the correctness of the information given on the control sheet and attest this with their signatures.

The cook-instructor turns over the filled out control sheet on the same day to the Chief of Class I supplies, who checks the notations on the control sheet to see whether or not the waste in the preparation of the products exceeds the prescribed norms and whether or not the weight of the second dishes and meat and fish portions correspond to the yields shown in the

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apportionment, finds out why food has been left over, and makes the necessary decisions. He records the decisions made on the control sheet. After he checks the control sheet, he turns it over to the office of the supply section.

The record (book) of the medical examination of the cooks and the service personnel of the mess hall is kept by the manager of the soldiers' mess hall. It has listed in it the name of the cooks and the contract personnel sent for examination to the surgeon, and the decisions of the surgeon of the unit as to the condition of their health.

The record book for the kitchen and mess hall vessels, equipment and inventory is kept by the manager of the mess hall and is checked each month in the office of the supply section.

The lists of property and equipment are placed in frames under glass in each room and serve as a basis for the receipt of property by the new shift of cooks from the preceding shift. Changes in the property are recorded by the manager of the mess hall.

## XX. SUPPLEMENTARY DISHES FOR OFFICERS

### Milk Soups.

Milk soups are prepared with milk alone, or milk diluted with an equal part of water, millet, semolina, pearl barley, and macaroni products.

Soup with milk and rice. Into boiling milk we put some washed rice and boil for 30 minutes. After this we put into the soup some butter, salt, and sugar. Removing the burning coals, we allow the soup to stand for 5-10 minutes without coming to a boil. In the same manner we prepare millet milk soup. For one portion of soup we need: rice, 50 grams; milk, 300 grams; water, 200 grams; butter, 5 grams; salt, 3 grams and sugar, 5 grams.

Milk soup made with pearl barley. We put the prepared pearl barley in boiling water (for 1 kg of barley, we take 6 liters of water) and boil up to 1 hour until it is soft. After this we take out the barley on a sieve, place it in boiling milk and continue to boil for 20-30 minutes or until done. When the soup is done, we add to it some butter, salt and sugar. Removing the

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hot coals from the furnace, we allow the soup to stand for 10-15 minutes without coming to a boil.

Milk noodle soup. Into the boiling milk we put some selected noodles and boil with periodic stirring for 15-20 minutes. After this we add salt, sugar, and butter. Removing the hot coals from the furnace, we allow the noodles to stand for 5-10 minutes without coming to a boil.

For one portion of soup we need: noodles, 50 grams; milk, 200 grams; water, 200 grams; butter, 5 grams; and salt, 4 grams.

#### Cold Soups

Cold soups are prepared with bread kvass and beet liquor. They are allowed to cool to 10-12 degrees.

Cold vegetable kvass soup. For this soup we use the following: potatoes boiled in the skins and peeled, fresh cucumbers and radishes cut into slices or cubes, onion, finely shredded and crushed with a wooden pestle with the addition of salt until juice is formed. We then mix all this and add some kvass, mustard, mixed with kvass, salt, cream and some finely cut up green fennel and parsley. It will be improved by the addition of some boiled cut up eggs.

For 1 portion of "okroska" (cold kvass soup) we need: kvass 550 cc, potatoes 250 grams, fresh cucumbers 35 grams, carrots 20 grams, spring onions 25 grams, greens 5 grams, mustard 2 grams, 1/4 of an egg, salt 8 grams, cream 15 grams.

Meat okroska (cold kvass). We prepare okroska as stated above and add to it some finely cut up boiled meat or corned beef or sausage.

Beet soup. We peel and cut into pieces beets and potatoes boiled in their skins, add some cut up fresh cucumbers, spring onions, boiled cut up eggs, salt, greenstuff, and cream and mix up with beet liquor and kvass.

For 1 portion of beet soup we need the following: bread kvass 300 grams, beet liquor 150 grams, potatoes 75 grams, fresh cucumbers 75 grams, spring onions 20 grams, 1/4 of an egg, salt 8 grams, greenstuff 8 grams, cream 15 grams.

Preparation of bread kvass. We roast some rye rusk (or bread crumbs) to a brown color, pour over it some hot boiling water and allow to stand 10-12 hours. After this we filter the infusion (must) and allow it to cool to

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25-30 degrees. Then we add to it some sugar and yeast dissolved in the infusion (or must) and allow to ferment for 18-20 hours until the appearance of foam on the surface of the kvass. We then allow the kvass to cool and continue to keep it in a cold place. For 100 grams of kvass we need 5 grams of bread crumbs, pressed yeast 0.1 grams, water 100 grams, sugar 2 grams.

Cold greenstuff shchi with fish. Spinach (nettles, goose foot or other wild greenstuff) and sorrel are boiled separately and rubbed through a sieve. We mix the puree of spinach and sorrel, add some slices of fresh cucumbers, shredded greenstuff or spring onions, parsley and fennel, ground up horseradish. Then we pour some kvass over it and add salt. When we put the shchi in a soup dish, we put in some small pieces of boiled fish.

For 1 portion of greenstuff shchi we need the following: bread kvass 400 grams, fresh cucumbers 50 grams, spring onions 20 grams, spinach 200 grams, sorrel 100 grams, horseradish 5 grams, greenstuff 5 grams, fish 80 grams.

#### The Second Meat Dishes

Roasted meat with bread crumbs. (rump steak). We remove the tissue cover and the tendons from the rump parts of meat from the hind leg of the beef, cut them into portions crosswise of the fibers, beat to make tender, salt, sprinkle with pepper, mix with a binder with egg or a batter of flour. Then we roll in ground rusk and fry for 10-15 minutes in a skillet or griddle with hot grease, on a stove, until there is formed on both sides of the meat a brown crust. After this we roast in an oven for 10 minutes. The roasted meat is served with fried potatoes, carrots or rice, with the grease and juice obtained during the frying of the meat.

"Natural" roasted meat. (Rib steak). We clean the rib steak, cut it up into portions crosswise of the fiber, tenderize it (by beating), salt, sprinkle with pepper and fry for 10-15 minutes in a skillet with hot grease until the formation of a crust on the surface of the pieces. Then roast them in an oven for 5-10 minutes until done. The "natural" roasted meat is served just as the roasted meat prepared with bread crumbs.

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Cutlets and schnitzel (kind of veal steak). The meat for the cutlet is cut from the brisket of the pig, calf, or lamb, with the rib bone. The cutlets are beaten with a tenderizer, salted, sprinkled with pepper, breaded with bread crumbs, in a binder, fried on both sides on the stove in a skillet for 10-15 minutes in hot grease, and then roasted in an oven for 10 minutes.

We serve with fried potatoes or with a vegetable garnish (carrots, green peas, in oil or milk gravy) and butter.

We prepare schnitzel in the same way but without the rib bones.

Roasted meat (roast beef). The back, loin part or filet should be dressed (tissue covering and tendons removed), salted, sprinkled with pepper, and fried in whole pieces on a range, in a skillet with hot grease, until a crust is formed on the surfaces of the pieces of meat. After this the meat should be roasted in an oven for 30 minutes until it is done. After the meat is done we cut up into portions of 2-3 pieces each and serve with fried potatoes or vegetable garnish, covering them with the juices.

Roasted fowl (chicken, goose, duck). The dressed, seasoned and salted fowl should be fried in hot grease in a skillet until there is formed on the surface of the carcass a reddish crust. After this we finish cooking it by roasting in an oven, pouring over it from time to time some of the juice or bouillon which is formed during the roasting. When it is done, we cut it up into portions and serve it: chicken with fried potatoes, rice and carrots; goose and duck -- with stewed cabbage, cranberry, plums, apples, spreading over it the fat or juice.

Boiled chicken. The dressed carcass of the chicken should be placed in boiling water and boiled slowly for 30-45 minutes, until it is done (old hens should be boiled up to 4 hours). When the chicken is done, we cut it up into portions and serve it with boiled potatoes, rice, carrots, and white sauce.

Beef stroganov. We cut up meat into small oblong pieces, salt, sprinkle it with pepper and fry in a skillet with hot grease until a crust is formed on it; we then put it in a boiler, pour in some bouillon or water, cover the boiler with a lid and stew for 30 minutes. After stewing, we pour off the bouillon

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and prepare with it a white sauce (gravy), to which we add cream, browned onions and sauteed tomatoes, pour it over the meat and stew for 15-20 minutes more. The beef stroganov is served with fried or boiled potatoes.

Simple roasts. We cut up beef or mutton into portions of two pieces each, tenderize them, salt, sprinkle with pepper and fry in a skillet in hot grease until they have a brown crust. Then we sprinkle the meat in the skillet lightly with flour and fry it for 10-15 minutes longer. After this we put the fried meat in a deep skillet, add a little bouillon, braized onions, carrots, tomato and stew with the cover on until it is done. After the meat is done, we serve it with potatoes or vegetable garnish, using the gravy formed during the stewing of the meat.

Filau made with mutton. (an oriental dish of rice or cracked wheat boiled with meat, fowl, or fish). We cut up the mutton together with the small bones (making 3 pieces to the portion), salt, sprinkle with pepper, and fry in a skillet in hot grease. We place the fried pieces of mutton in a boiler, pour in bouillon, add braized onions, braized tomatoes, laurel leaves, and stew until done. After this we put in some washed rice, mix it well and continue to stew until the rice and mutton are done.

Liver fried in cream. We clean the liver, remove the film, cut it up obliquely into portions, salt it, roll it in flour and fry in a skillet in hot grease on both sides. We cover the fried pieces with creamed sauce and stew for 10-15 minutes until done. We serve with fried potatoes and gravy.

Kidneys Russian style. We boil the prepared kidneys until they are done. When the kidneys are done, we cut them into slices, salt them, sprinkle with pepper and fry in a skillet in hot grease for 10-15 minutes. We place the fried kidneys in a boiler, pour in some meat sauce, add some braized onions, lettuce and tomato, putting in some cut up pickled cucumbers, laurel leaves, mix all together and stew for 15 minutes, until done. We serve with fried potatoes.

Goloubets with meat (rissole rolled in cabbage leaves). We clean the head of cabbage and remove the yellow leaves, cut away the cabbage stump, put the cabbage

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head in boiling water, salt and boil until half-done; after this we take out the head of cabbage, allow it to cool and take it apart leaf by leaf; the thick parts of the leaves (stem) should be slightly softened with a meat tenderizer. On the leaf we put some meat stuffing, roll it up and put in a skillet, smeared with grease. We then pour over it some cream sauce and tomato and put in an oven to stay for 20-30 minutes. After the goloubets are done, we serve two pieces to the portion, with cream sauce and tomato. For the stuffing we take raw or boiled meat, pass it through a meat chopper and fry in a skillet with grease until it is done. To the fried meat we add some braized onions, boiled rice and mix together well.

#### Fish Dishes

Pike perch fried in rusk. The pike perch, cleaned and washed, should be cut up into servings, salted, sprinkled with pepper, breaded in flour, dipped in a binder, breaded in ground up rusk and fried for 10-15 minutes on a griddle in hot grease until it has a crust on both sides. Then we finish cooking by roasting in an oven for 10-15 minutes until done. The pike perch thus cooked is served with fried potatoes and butter.

Ground fish, round rissole. The fish is run through the meat cutter, mixed with wheat bread soaked in cold water, seasoned with salt and pepper, mixed well and passed again through the meat chopper. After this the ground mass should be spread out on a table and made into cakes, round rissole, etc. We then bread these pieces in rusk, fry in a skillet in hot grease and roast in an oven. We serve the ground meat cakes with potatoes and fish sauce. The composition of a cake of 100 grams of fish is the following: white bread 25 grams, water 30 grams, salt 2 grams, pepper 0.1 grams.

Fish balls are prepared from ground fish to which there has been added some sauteed onions and finely cut up garlic. We make of this mass small round balls (2 or 3 balls to the portion), roll them in flour, fry them in a skillet and put them in an oven with tomato sauce or bouillon. The meat balls are served with potato puree with fish-tomato sauce.

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**Dishes made of Groats and Macaroni Products**

Baked puddings and meat patties. For baked puddings and ground meat patties, we boil some thick porridge (2.2 liters of water to 1 kg of groats). For the preparation of sweet baked pudding we add meat, sugar, eggs, and raisins.

Baked pudding made with millet. Baked and seasoned millet porridge is placed in a skillet smeared with grease, in an even layer having a thickness of not more than 405 cm, sprinkled with finely crushed bread crumbs and the surface evened with a small spatula or a knife; we then smear with egg or sprinkle with bread crumbs and grease and bake in an oven until there is formed a reddish crust. When the baked pudding is done, we cut it up into portions (the pieces should be square in shape). Sweet baked pudding should be served with fruit or milk gravy and the unsweetened with oil or mushroom gravy.

In this manner we prepare baked pudding with semolina, rice groats or macaroni products.

Rice patties. We divide the thick seasoned rice porridge into portions, shape them in the form of a patty or round rissole, bread them with rusk or flour and fry in a skillet in hot grease until a crust is formed on both sides. The patties should be served with a sweet gravy. In the same manner we prepare patties with millet, semolina, pearl barley and other porridges.

Milk rice porridge. We put the prepared rice into some boiling slightly salted milk and boil while stirring for 45-50 minutes, until cooked. After the porridge is done, we dress it with oil, butter and sugar.

By this same method we prepare milk porridge with millet and semolina.

Macaroni (or noodles) for garnish. We put the prepared macaroni into boiling slightly salted water (5 liters of water, 50 grams of salt and 1 kg of macaroni) and boil for 20-30 minutes, until done, while stirring. After this we put it in a strainer or a sifter, wash with hot boiling water, transfer to a pot, dress with grease and serve as a garnish with the second dish. The liquor should be used for the first dish.

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Rice garnish. We put the washed rice into boiling slightly salted water and boil for 20-30 minutes until soft. After this we prepare it just as we did in the case of macaroni garnish.

#### Vegetable Dishes

Potato patties or cakes. We pour water over cleaned potatoes, just as for potato puree, salt and boil for 30 minutes, without allowing them to boil over. Then we pour off the water, pass the hot potatoes through a meat cutter together with sauteed onions. From the potato mass we form patties, bread them in rusk or in flour, and fry in a skillet in hot grease until there is formed a red crust on both sides. The patties are served with mushroom, meat or vegetable gravies.

Potato pudding with vegetables. We pass boiled hot potatoes through a meat cutter, spread out in an even layer (1.5 cm) in a skillet smeared with grease. Then put in the vegetable stuffing and cover with a second layer of the same kind of potato puree. On top of the pudding we spread some rusk and sprinkle with grease or smear with egg and bake in an oven. When it is done, we cut it up into portions and serve it with mushroom or meat and vegetable gravies.

For the preparation of vegetable stuffing, we cut up some fresh cabbage, steam it, add grease, salt, sauteed carrots, parsley, onions and fry in a skillet in hot grease until done. To the vegetable stuffing we can add some boiled French kidney beans.

Baked potato pudding with meat is prepared just as baked pudding made of vegetables, the only difference being that instead of vegetable stuffing we put in meat stuffing.

For meat stuffing we pass raw or cooked meat through a meat cutter, sprinkle with salt and pepper, and fry in a skillet in hot grease, stirring from time to time, for 10-15 minutes, after which we add some sauteed onions and fry for 5-10 minutes longer.

Stuffed pumpkin. We remove the skin from the pumpkin, cut it crosswise into 2 parts (we cut the large pumpkins into several parts), remove the core part, put it into boiling salted water and boil for 10-15 minutes, after which we take it

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on a sieve, and allow the water to drain off. After this we stuff the pumpkin with rice and sauteed vegetables (carrots and onions). We put it in a skillet, sprinkle with rusk and grease and bake in an oven. We serve the pumpkin with cream or tomato gravy.

Fried pumpkin. We remove the skin from the young pumpkins, cut them up into circular pieces having a thickness of 1 cm, add salt, roll in flour and fry in a skillet in hot grease until done. We serve with creamed sauce, adding tomato.

#### Egg and Milk Dishes

Soft boiled eggs. Put the eggs in boiling water and boil for 3 minutes. If an egg is soft boiled in the proper manner, it should have a semi-liquid white and a liquid yellow.

Hard boiled eggs. The egg should be placed in boiling water and boiled for 8-10 minutes. In order to make it easier to remove the shell from the eggs, we put them in cold water after they are boiled.

Fried eggs. We put some raw eggs in a skillet with hot grease, trying at the same time not to break the envelope of the yellow, add salt and fry for 1-2 minutes and then place in an oven for 3-4 minutes.

For one person we take 2-3 eggs, 5-10 grams of grease and 1-1.5 grams of salt.

Fried eggs with garnish. We prepare them with various products: potato, onions, sausage, ham etc. We cut up the potato, onion, sausage, ham, put them in the skillet with hot grease and fry them slightly; after this we pour over them the raw egg, add salt and fry for 1-2 minutes; after which we put it in the oven for 3-4 minutes.

Plain omelet. To the beaten eggs we add some cold milk or water and salt (15 grams of milk or water, 0.5 grams of salt to 1 egg). We mix well and then pour out the mixture in a layer of 203 cm in a hot pan or skillet smeared with grease and bake in an oven. Cut up the prepared omelet into portions and serve with butter.

Omelet with potatoes. Potatoes, cut up into pieces and fried until done,

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are placed in the mixture prepared for the omelet, mixed well, poured out in a greased pan and baked in an oven.

Omelet with sausage. This is prepared in the same manner as omelet with potatoes, the only difference being that instead of potatoes we put in some cut up fried sausage.

Cheese cakes made of curds. The excess moisture is removed from the curds by passing them through a meat chopper. Then we add eggs, sugar, salt and wheat flour and mix well. After this we form small circular cakes having a thickness of 1.5 cm, rolled in flour and fried in a pan on both sides until there is formed a reddish crust, and then heat in an oven for 5 minutes. The cheese cakes are served with hot cream, sweet or milk gravy.

For 1 portion of cakes we need: curds 150 grams, wheat flour 25 grams, grease 10 grams, sugar 15 grams, 1/4 of an egg.

Curd pudding. We add to the curds (passed through a sieve) eggs, sugar, salt, raisins, flour, and mix well. After this we spread out on a greased frying pan and sprinkle with rusk. We level the surface of the pudding, smear with eggs and bake in an oven for 30-35 minutes. When the pudding is done, we cut it up into portions and serve with sweet or milk gravy or cream.

For 1 portion of pudding we need: curds 250 grams, wheat flour 15 grams, wheat rusk 5 grams, grease 10 grams, raisins 10 grams, sugar 20 grams, salt 2 grams, 1/4 of an egg, cream 15 grams.

Macaroni with curds. To boiled macaroni we add pulverized curds, eggs, and sugar, mix well and spread out in a greased pan. We smooth the surface of the macaroni pudding, smear with egg and bake in an oven for 30 minutes. We cut up the macaroni pudding into portions and serve with sweet or milk gravy. In the same manner we prepare macaroni with cheese.

For 1 portion of baked macaroni pudding we need: macaroni 70 grams, curds 50 grams, grease 10 grams, sugar 20 grams, 1/4 an egg, rusk 5 grams and salt 3 grams.

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## Cold Dishes

Herring with garnish. We remove the skin from the soaked herring, take out the entrails, wash, cut up crosswise into small pieces, put on a plate and put the head and tail in place, giving to it the shape of a whole fish. Around the herring we lay some bunches of vegetables (potatoes, carrots, and beets), clean, boiled, and cut up into small pieces, put some green onions on top and serve with mustard dressing.

Serving with boiled potatoes. The herring, prepared as explained above, is served with hot boiled potatoes and butter, the latter being served separately.

Meat salad. We put some fried or boiled meat, cleaned and boiled vegetables (potatoes, carrots), pickled cucumbers, leaves of lettuce cut up into small pieces in a wide vessel, add salt and pepper and season with mayonnaise or cream. After this we pile it in a salad dish (or plate) and dress it with pieces of meat, lettuce, fresh cucumbers and boiled egg.

The preparation of mayonnaise. We separate the yolks of the eggs from the whites, put them in a tin plated vessel, add prepared mustard, mix well with a wooden paddle and while gradually pouring into it a thin stream of vegetable oil, we continue to stir until the whole mass is thickened. After this we add salt and vinegar.

For 1 portion of mayonnaise for salad we need the following: 30 grams of vegetable oil, 1/4 of the yellow of an egg, 5 grams of vinegar, 0.5 grams of prepared mustard, 0.5 grams of salt.

Fish salad, is prepared in the same manner as meat salad, the only difference being that instead of meat we use boiled fish having few bones. (pike, perch, sheat-fish, sevruga etc).

Salad with radishes and potatoes. We cut the leaves and small roots from the radishes, wash them and cut them up into small discs. Then we slice some boiled potatoes and shred some lettuce, green fennel, and parsley. We place all of this in a vessel, add salt and dress with cream.

Salad made of fresh tomatoes and cucumbers. We cut up into discs some washed tomatoes and cucumbers, and cleaned onions. We put all these in a vessel, add

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vinegar, salt, pepper, vegetable oil; mix carefully and put on a plate or in the salad dish.

#### Sauces (Gravies)

Mushroom gravy. We boil the prepared dry mushrooms for 2-2.5 hours. When the mushrooms are done, we take them out and cut them up in small pieces. We gradually mix braized flour into some mushroom bouillon and boil for 25-30 minutes. Then we add the cut up mushrooms, braized onions, laurel leaves, pepper, and boil 5-10 minutes longer.

We serve the mushroom gravy with vegetable and grain dishes (potato patties, boiled potatoes and porridge).

For 1 liter of gravy: dried mushrooms 100 grams, wheat flour 50 grams, grease 50 grams, onions 150 grams, laurel leaves 0.2 grams, pepper 0.3 grams, mushroom bouillon 1 liter, salt 10 grams.

Milk gravy. We braize the flour until it has a cream color and mix it into boiling milk until we have the thickness of liquid cream, add a little salt and boil for 10-15 minutes. After this we pass the gravy through a sieve and season with butter. We may put some sugar in the milk gravy. We serve the gravy with baked pudding and grain patties.

White gravy is prepared with meat or fish bouillon and also with vegetable and grain decoctions. We braize the flour until it has a cream color, mix it in bouillon or a vegetable decoction, boil for 25-30 minutes and pass through a sieve. With the basic white gravy we can also prepare other gravies.

White gravy with eggs. To the white gravy we add some lemon juice or cucumber brine, boiled eggs cut up finely, braized onion, green fennel, parsley and allow to boil a little. We serve the gravy with boiled fish and vegetable dishes.

For 1 liter of sauce: flour 50 grams, grease 50 grams, 5 eggs, greenstuff 40 grams, onions 50 grams, bouillon 1 liter, citric acid 20 grams.

Cream gravy. To the white gravy we add cream (to 1 liter of gravy, 200 grams of cream), salt, pepper, bring to a boil and then pass through a sieve.

We serve the gravy with meat patties, vegetables and groat dishes.

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White gravy with horseradish. To grated horseradish roots we add some vinegar, pepper, and laurel leaves and boil over a slow fire until the disappearance of the odor of vinegar (10-15 minutes). Then we put the mass obtained into some white gravy (10 grams of horseradish to 100 grams of gravy) and boil for 5-10 minutes.

The white gravy with horseradish is served with boiled meats and corned beef and also with fish.

Horseradish gravy (cold). We wash the roots of horseradish, clean and grate them, cover entirely with vinegar, and add salt and sugar and allow to stand for 8-12 hours. It is recommended that we add some beet juice to the gravy. The horseradish gravy is served with meat and fish galantine, and it is also added to vinaigrettes and salads made of sauerkraut.

#### Dough Products

Buns, tarts and pieces of sour dough. We put some yeast into warm water (30 degrees), add one-half the flour intended for the product, knead the leavened dough, put on a 0.5 cm layer of flour and allow to ferment 2-2.5 hours) in a warm place. When the leavened dough rises, we add to it some dissolved salt, the rest of the flour, some grease, and sugar, and again knead it. We sprinkle the dough with flour and leave it for the final rising (1.5-2 hours). During the time it is rising, the dough should be pressed down (1-2 times), in order to remove from it the excess carbonic acid gas, which slows up the process of fermentation. From the prepared dough we make buns, patties, and other products.

For 100 grams of wheat flour we use: water 40-45 grams, salt 1.50 grams, yeast 2.0 grams, sugar 3 grams, vegetable oil 5 grams.

For the making of buns we cut off a piece of the prepared dough, put it on a table sprinkled with flour and make of it a cylinder having a thickness of 5-6 cm and sprinkle it with flour. Then with a knife we cut off from the cylinder equal pieces weighing 60-80 grams, roll them on the table with the hand to form small balls and place them in a greased pan at a distance of 2-3 cm from each other, allow them to stand for 15-20 minutes in a warm place, smear with egg

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mixed with water and bake in an oven.

For the making of tarts the dough should be separated just as in the case for buns, in the form of small balls, and allowed to stand for 10-15 minutes in a warm place, giving them time to rise. Then the small balls should be rolled out in the form of a flat cake having a thickness of 0.5-1 cm, at the center of which we place the filling. The edges of the tart are joined together and nipped, giving to the tart an oblong shape.

We place the tarts in a pan smeared with grease, allow them to rise, then smear them with grease or egg thickening (binder) and bake in an oven for 15-25 minutes.

Pies. We cut up the prepared dough into pieces weighing 0.5-1 kg, roll it out and allow it to rise a little. Then we roll it out in oblong strips having a width of 18-20 cm and a thickness of 1 cm; in the middle, along all the rolled out piece of dough, we put the filling, and join the edges of the dough. By means of a napkin we place the pie with the seam down in a greased pan, allow the dough to rise, smear it with a binder and bake in an oven for 30-35 minutes. After the pie is done we take it out, allow it to cool and cut it up into portions.

Vatrushki (round tart filled with sweetened herbs, cheese cake).

We shape the dough into round buns, put them on a greased metal plate or in a baking pan. When the buns have risen, we make a depression in them by means of a wooden pestle, fill the depression with curds or with jam. After this we again allow the vatrushki to rise, smear with thickening (binder) and bake.

Prepared stuffing. Stuffing for patties and kulebyak (pie) is prepared from meat, cabbage, carrots, mushrooms, and rice, millet and buckwheat porridge.

Cabbage stuffing. We scal'd some cut up cabbage, add salt, grease, braized onions, stew for 20-30 minutes and allow to cool.

Meat stuffing. We pass boiled meat or raw meat through a meat chopper, add salt and pepper, and fry in a skillet with hot grease, for 10-15 minutes, stirring from time to time; we add braized onions, a little bouillon for making it more juicy and fry for 5-10 minutes longer.

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To the meat stuffing we may add crumbly rice or wheat porridge.

Rice stuffing. We pour some prepared rice into salted boiling water (for 1 kg of rice we take 6 liters of water and 7 grams of salt) and boil. As soon as the rice is soft, we transfer it to a sieve. We allow the water to drain off and then put the rice in a vessel with hot grease. We add some cut up boiled egg and mix.

Instead of egg, we may put raisins and sugar in the rice stuffing.

Unleavened dough for tarts and vatrushki. We put some sifted flour on the table, make a hole in it and put into this hole some baking soda, cream, water, egg, sugar, salt and mix with half the flour; then we put in some grease and mix with the rest of the flour until we have made a uniform mass. From the dough we make tarts and vatrushki as explained above.

For 100 grams of flour we need the following: cream 10 grams, sugar 5 grams, grease 10 grams, 1/4 of an egg, salt 1.5 grams, soda 1.5 grams, water 30 grams.

Pan cakes. We mix some yeast in warm water (30 degrees), pour out one-half the sifted wheat flour which we expect to use, mix well until we have a uniform dough (leavened). We allow the dough to ferment for 1.5-2 hours in a warm place. When the dough rises, we add to it some salt, sugar, grease and the rest of the flour and again knead it well. We allow the dough to rise once again and then use it to make pancakes. On a well heated cast iron skillet, slightly smeared with grease, we pour a thick layer of the pancake dough and cook it on the stove.

For 100 grams of flour; sugar 3 grams, yeast 3 grams, salt 2.5 grams, water 150 grams, vegetable oil 3 grams (in the dough). We serve the pancakes with butter or cream.

Gladys (a kind of thick pancake). -- In warm milk or water (30 degrees) we dissolve some yeast, sugar, and salt, add some sifted flour, mix well, add some vegetable oil, again mix and allow the dough to rise. When the dough rises, we again mix it and allow it to rise again. After this we use it to bake the Gladys.

We serve the Gladys with cream, jam, and butter.

For 100 grams of flour: sugar 5 grams, grease 5 grams, yeast 3 grams, salt 2 grams, water 100 grams.

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Fritters. We mix egg, salt, and sugar with cold milk or water, pour in gradually some sifted flour and mix quickly until we have a uniform mass. After this, we can bake fritters with the liquid dough which we have obtained. We roll the cooked fritters in the shape of an envelope and serve. The fritters may be served with sweet filling (urds, jam), rolling the latter in the fritter.

For 100 grams of flour we use: water 250 grams, sugar 5 grams, 1/5 of an egg, salt 2.5 grams, grease (for frying) 5 grams.

## SWEET DISHES

Berry kissel. We mash some fresh berries and press out the juice. The pressed out berries should be boiled in water for 15-20 minutes and then passed through a sieve or gauze.

To the decoction we add some sugar, bring to a boil and while stirring constantly pour in some potato flour dissolved in water. After the boiling, we rest pour in the ~~rest~~ of the previously pressed out juice and allow to cool.

For a glass of kissel we use: fresh berries 45 grams, sugar 20 grams, potato flour 10 grams, and water 170 grams.

Kissel from fruit extracts. Into some sweetened boiling water we pour some potato flour dissolved in water, while constantly stirring, bring to a boil, pour in some fruit-berry extract and allow to cool.

For a glass of kissel: fruit berry extract 1 gram, sugar 20 grams, potato flour 10 grams, water 200 grams.

Kissel with jam and marmalade. We dissolve jam or marmalade with warm water, put in some sugar and bring to a boil. Into the boiling syrup, while mixing we pour some potato flour dissolved in cold water and then boil for 5 minutes. After this we allow the kissel to cool.

Kissel: For 1 glass of : jam 50 grams (marmalade 40 grams), sugar 10 grams, potato flour 10 grams, water 150 grams.

Kissel made with rhubarb. We wash the stems of rhubarb in cold water, remove the skin and fiber, and cut them up into small pieces (0.5-1 cm). We put

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the latter in boiling water, add sugar and boil for 5-10 minutes, until the rhubarb is soft. After this, while ~~constant~~<sup>constant</sup> stirring, we pour in potato flour dissolved in cold water and bring the kissel to a boil. If the rhubarb is very fibrous, we boil it in large pieces and then pass them through a sieve, add sugar and boil until done.

For 1 glass of kissel we use: rhubarb 60 grams, sugar 20 grams, potato flour 10 grams, and water 150 grams.

Kissel made of bread kvass. To boiling bread kvass we add some sugar and, while stirring, we pour in the potato flour dissolved in cold kvass and bring to a boil.

To the kissel made from bread kvass it is recommended that we add cinnamon or cloves, with sugar.

For 1 glass of kissel: kvass 200 grams, sugar 25 grams, potato flour 10 grams.

Stewed dried fruits. We select the dried fruit, wash it, cover with water, add sugar and boil for 10-20 minutes. We allow the stewed fruit to cool.

For 1 glass of stewed fruit we need: dried fruit 30 grams, sugar 20 grams, water 170 grams.

Stewed fresh fruit. We wash the fresh fruit (apples or pears), cut it up into pieces, put these in boiling water, add sugar and boil for 5-10 minutes. After this we allow the stewed fruit to cool. Washed berries are put in stewed fruit without cooking them.

For one glass of stewed fruit we need: fresh fruit 160 grams, sugar 20 grams, water 100 grams.

Stewed rhubarb. We wash the stems of rhubarb well, remove the skin and fibers, cut them up in pieces 2 cm long, put in hot water, add sugar and boil for 10-15 minutes. We allow the stewed rhubarb to cool. In order to give aroma to the stewed rhubarb, we can add with the sugar a little cinnamon or cloves.

For the stewed rhubarb, it is necessary to select the youngest and tenderest pieces, otherwise the stewed rhubarb will be tough.

For 1 glass of stewed rhubarb we need: rhubarb 70 grams, sugar 20 grams, water 150 grams.

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Coffee with milk. We put some ground coffee in a boiler, pour some hot milk into the boiling water, add some sugar and bring to a boil again. After this we allow the coffee to stand 10-15 minutes without boiling.

For a glass of coffee we need: sugar 20 grams, milk 100 grams, water 100 grams, coffee 5 grams.

Cocoa with milk. We put some cocoa powder in a stew pan, pour in a little hot milk and pulverize well, so that there will be no lumps. After this, while constantly stirring, we pour in the rest of the hot milk and water and bring to a boil. After this we allow the cocoa to stand for 10-15 minutes, without coming to a boil.

For one glass of cocoa: sugar 20 grams, milk 100 grams, water 100 grams, cocoa powder 5-10 grams.

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TABLE Appendix No. 1  
Showing Composition and Calory Value of Food Products

Contained in 100 grams of product

Carbohydrates and net weight of assimilable substances (in g)

Serial No.	Name of Product	Cereals and taste in	Albumens	Fats	Carbohydrates	net calories
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I. Bread, flour, groats					
1. Rye bread made of special grind flour	-	5.5	0.6	39.3	190
2. Rye wheat bread of special grind flour	-	5.9	0.6	41.3	199
3. Wheat bread of special grind flour	-	6.4	0.6	44.4	214
4. Wheat bread of special grind flour (2d quality flour)	-	6.9	0.4	45.2	217
5. Wheat bread of special grind flour (1st quality flour)	-	5.8	0.5	56.1	258
6. Rye rusk	-	6.7	1.1	63.7	299
7. Wheat rusk	-	8.1	1.2	58.1	282
8. Mutton, dry	-	8.6	0.5	56.6	272
9. Vayennyy pokhod" biscuit	-	10.6	0.6	74.0	340
10. "Axltika" biscuit	-	11.1	10.3	61.4	393
11. Lench biscuit	-	7.3	8.5	71.9	404
12. Biscuit of different kinds	-	6.7	6.7	73.5	391
13. Rye flour of special grind	-	8.7	1.5	61.0	300
14. Wheat flour of special grind	-	9.2	1.7	63.1	312
15. Wheat flour of 2d quality grind	-	8.9	1.2	68.6	328
16. Wheat flour of 1st quality grind	-	10.1	0.7	71.6	342
17. Barley meal	-	6.9	1.6	65.3	311
18. Oatmeal	-	10.8	6.6	55.6	334

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Name of Product	Offals and waste in %	Contained in 100 grams of product				net calories
		Albumens	Fats	Carbohydrates		
19 Corn meal	-	8.2	3.2	67.9	342	
20 Soy meal, deodorized	-	38.0	19.0	20.9	418	
21 Potato flour (starch)	-	0.7	-	72.8	301	
22 Buckwheat groats	-	8.0	1.6	64.4	312	
23 Oat groats	-	9.1	4.9	61.1	334	
24 Pearly groats & Pearl barley	-	6.7	0.8	67.4	311	
25 Semolina	-	8.0	0.8	73.6	342	
26 Corn groats	-	7.1	0.9	74.1	341	
27 Wheat	-	7.4	1.9	62.4	303	
28 Rice	-	6.5	1.2	71.7	332	
29 Macaroni, noodles, vermicelli	-	9.3	0.5	73.3	343	
30 Peas	-	19.3	3.2	50.3	315	
31 French kidney beans	-	16.6	1.7	50.0	289	
32 Lentils	-	18.2	1.6	50.2	296	
33 Beans	-	18.0	1.4	42.6	262	
34 Sago	-	0.8	-	75.6	314	
35 "Chumiza", ordinary (grain, related to millet)	-	8.9	2.7	69.9	348	
36 "Gaolyan", or dinary (a bread grain)	-	6.3	0.7	71.6	326	
37 Concentrates "Buckwheat porridge" (with fat)	-	7.0	10.7	56.0	358	
38 Concentrates "wheat porridge" (with fat)	-	6.4	10.9	54.3	350	
39 Concentrates "pea-soup puree" (with fat)	-	13.5	10.1	42.3	323	

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## TABLE

Showing Composition and Calory Values of Food ProductsContained in 100 grams of product

of assimilable substances in grams

Name of Product	Offals and waste in %	Albumens	Fats	Carbo-hydrates	net calories
<b>II. Meat and meat products</b>					
40 Beef above average fatness	23	13.5	15.7	0.2	202
41 Beef of average fatness	25	14.7	4.0	0.5	100
42 Beef of less than average fatness	27	14.2	1.4	0.4	73
43 Mutton above average fatness	24	11.8	22.4	0.1	257
44 Mutton of average fatness	28	13.7	4.0	0.2	94
45 Fat pork	12	12.1	31.2	0.3	341
46 Lean pork, cut up	18	15.7	5.2	-	113
47 Fat veal	26	13.2	5.2	0.1	103
48 Lean veal	30	13.2	0.6	-	60
49 Dressed hen	20	15.2	3.8	0.9	101
50 Undressed hen	45	10.4	2.6	0.5	69
51 Undressed turkey	40	14.1	4.9	0.2	104
52 Undressed goose	40	9.5	16.4	-	191
53 Undressed duck	45	9.6	9.9	-	131
54 Undressed fryer	40	12.3	1.3	-	63
55 Rabbit	20	16.3	7.4	0.7	138
56 Tongue	5	14.9	16.1	0.1	211
57 Liver	7	17.1	4.1	2.1	117
58 Kidneys	7	14.3	4.2	0.4	100
59 Heart	9	15.9	9.1	0.4	151
60 Lights	11	12.9	2.1	0.7	75
61 Brain	-	8.6	8.8	-	117
62 Corned beef	25	13.7	32	-	86

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER	PAGE NUMBER 111			
Name of Product	Offals and waste in %	Contained in 100 grams of product of assimilable substances in grams				net calories
		Albumen	Fats	Carbo- hydrates		
63 Bacon	15	9.3	57.4	-	572	
64 Ham	25	15.5	13.4	-	188	
65 Smoked brisket	22	12.2	29.3	-	323	
66 Boiled sausage	2	13.1	13.9	3.9	199	
67 "Separate" sausages	2	19.6	13.7	2.0	216	
68 Semi-smoked sausage	2.5	26.1	19.2	0.7	289	
69 Thoroughly smoked sausage	2.5	23.1	37.0	-	440	
70 Ham sausage	2	12	22.7	2.5	271	
71 Liver sausage	2	9.4	13.7	21.7	256	
72 Brunswick sausage	2.5	25.5	29.6	0.7	383	
73 Salemi sausage	2.5	25.0	35.3	4.3	448	
74 Frankfurter from beef of 1st quality	0.2	11.7	13.5	5.5	196	
75 Paris sausage from beef of 2nd quality	0.7	10.0	0.6	5.0	160	
76 "Boiled meat", canned	-	21.0	16.0	-	235	
77 "Stewed meat", canned	-	18.0	12.0	1.0	190	
78 "Roasted meat", canned	-	28.0	15.0	-	254	
79 "Corned beef", canned	-	26.7	11.6	-	216	
80 "Tongue", canned	-	20.0	18.0	-	249	
81 "Meat and beans", canned	-	10.6	3.3	13.5	130	
82 Pork fat and beans, canned	-	5.0	3.5	17.2	124	
83 Dried meat (groats, powdered, etc)	-	72.8	11.1	-	402	
III. Fish and fish Products						
84 Fresh pike perch	15	10	0.2	-	43	

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER	PAGE NUMBER 112			
		Contained in 100 grams of product				
Name of Product		Oil and waste	of assimilable substances in grams			
			Albumin	Fats	Carbo- hydrates	Net calories
85	Salted pike perch	35	15.7	0.5	-	69
86	Salt-dry cured pike perch	30	33.2	2.3	-	153
87	Pike perch - fillet	-	18.1	0.3	-	76
88	Fresh bream	42	10.2	2.6	-	66
89	Fresh "sazan" or carp	48	9.4	1.7	-	53
90	Fresh sheat-fish	50	8.8	1.1	-	46
91	Fresh caspian roach	45	9.2	1.9	-	55
92	Salt-dry caspian roach	36	28.5	5.5	-	168
93	Dried caspian roach	30	28.9	9.9	-	211
94	Dry-smoked caspian roach	30	26.8	4.0	-	147
95	Fresh cod	45	9.2	0.1	-	39
96	Salt cod	35	11.9	0.2	-	51
97	Fresh pike	45	10.0	0.5	-	46
98	Fresh perch	45	9.2	0.3	-	40
99	Fresh navaga	45	8.8	0.3	-	39
100	Fresh plaice	45	10.0	1.0	-	50
101	Fresh herring	45	9.7	6.1	-	97
102	Salt herring	35	10.8	9.1	-	129
103	Salt khamsa	35	8.5	9.6	-	124
104	Fresh sig	35	11.6	1.0	-	57
105	Fresh halibut	44	10.0	2.0	-	60
106	Salt halibut	35	14.5	4.8	-	104
107	Fresh sprat	38	10.7	2.9	-	71

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PAGE NUMBER

113

Name of Product	Oils and waste in %	Contained in 100 grams of product				
		of assimilable substances in grams				
		Albumens	Fats	Carbo- hydrates	Net calories	
108 European smelt, salt-dry	20	19.4	7.7	-	151	
109 Fresh white sturgeon	35	10.1	4.4	-	82	
110 Salt sturgeon	35	10.9	5.6	-	97	
111 Fresh sturgeon	35	10.7	4.7	-	88	
112 Salt Siberian salmon	35	10.3	4.4	-	83	
113 Cured fillet of white salmon	24	16.6	8.1	-	143	
114 Fillet of sturgeon	23	29.1	10.7	-	219	
115 Canned fish such as the pike, carp, zander (on an average) a) in their own sauce b) in tomato	-	16.4 11.8	1.9 6.0	- 1.2	84 110	
116 Canned perch in tomato	-	12.8	6.2	1.2	115	
117 Canned carp in tomato	-	11.6	6.6	1.2	114	
118 Canned sheat-fish in tomato	-	11.4	10.1	1.2	145	
119 Canned pike in tomato	-	11.5	5.0	1.1	98	
120 Canned bullhead in tomato	-	11.3	9.4	1.2	111	
121 Canned bream in tomato	-	11.3	5.8	1.2	105	
122 Canned herring in tomato	-	17.4	11.2	1.3	181	
123 Canned plaice in tomato	-	10.9	8.5	1.2	129	
124 Canned mackerel in tomato	-	13.1	11.8	1.9	171	
125 Canned fish of the Far East (red salmon) humpback salmon etc in their own sauce (on an average)	-	18.0	5.0	-	113	
126 Canned humpback salmon in their own sauce	-	18.3	5.7	-	128	
127 Canned sturgeon in tomato	-	15.4	12.4	2.0	186	

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER		PAGE NUMBER		
Serial No.	Name of Product	Assimilable substances (in grams) Contained in 100 grams of product (1)				
		Offals and waste in %	Albumens	Fats	Carbohydrates	
128	Canned "Siberian Salmon, in own juice"	-	18.6	0.7	-	83
129	Canned "Great sturgeon in tomato"	-	11.6	12.1	1.4	165
130	Canned "Sevruga (kind of sturgeon) in tomato"	-	11.8	8.0	1.5	131
131	Canned Sevruga in own juice"	-	16.7	8.3	-	146
132	Canned "Smoked sardines in oil"	-	18.2	30.0	-	354
133	Canned "Canned anchovies marinated"	-	25.4	3.0	-	132
134	Canned "Crabs"	-	12.0	8.2	-	146
135	Sprats	45	10.3	2.6	-	67
136	Soft caviar	-	25.2	15.8	-	250
137	Pressed caviar	-	36.0	15.5	-	291
138	Soft caviar of Siberian salmon	-	28.7	12.1	-	230
139	Dried fish (flour, groats, etc)	-	68.6	1.3	-	293
IV. Fats, milk products and eggs.						
140	Hog lard	-	10.5	61.5	-	61.5
141	Melted hog lard	-	0.3	89.1	-	829
142	Beef tallow, raw	-	.6	76.7	-	724
143	Beef tallow, melted	-	0.4	88.3	-	823
144	Kitchen fats (kombizhir etc)	-	-	93.2	-	867
145	Vegetable oils	-	-	93.1	-	866
146	Margarine	-	0.5	80.0	0.4	748
147	Butter	-	1.0	84.0	0.6	787

(1) Trans note: Change in wording due to an oversight in preceding pages

**POOR ORIGINAL**

INTELLIGENCE TRANSLATION		REGISTRY NUMBER		PAGE NUMBER		
Serial No.	Name of Product	Assimilable substances (in grams) Contained in 100 grams of product (1)				
		Offals and waste in %	Albumens	Fats	Carbo- hydrates	Net calories
148	Boiled butter	-	-	95.2	-	885
149	Whole cow's milk	-	3.1	3.5	5.0	66
150	Whole cow's milk minus cream	-	3.4	0.1	5.1	36
151	Whole cow's milk, dried	-	21.2	22.0	42.4	465
152	Whole cow's milk, with fat removed	-	28.4	1.6	53.4	350
153	Condensed milk with sugar	-	9.6	9.6	51.0	338
154	Condensed milk without sugar	-	10.3	10.9	14.0	201
155	Cream 20%	-	2.8	19.0	3.6	203
156	Sour cream 25%	-	2.7	23.8	3.3	246
157	Sour milk and Refir (kind of fermented milk)	-	3.0	2.7	3.0	50
158	Creamy curds	-	14.5	17.1	2.0	227
159	Curds without cream	-	18.6	0.6	1.2	87
160	Dutch cheese	5	23.7	28.5	2.2	371
161	Bryanza (sheep's) cheese	-	15.7	28.4	1.9	335
162	Ice cream	-	4.8	9.5	19.5	187
163	Eggs (one)	-	5.4	5.1	0.2	70
164	Egg powder (from a whole egg)	-	39.9	38.7	2.3	533
165	Egg "mix"	-	10.7	10.1	0.5	140
V. Vegetables, mushrooms, melons.						
166	Fresh potatoes	25	1.0	0.1	13.9	63
167	Dried potatoes	-	5.3	0.7	67.0	304
168	Shrunken cabbage	15	0.9	0.1	3.5	20

(1) Trans note: Change in wording due to an oversight in preceding pages

**DOOR ORIGINAL**

INTELLIGENCE TRANSLATION		REGISTRY NUMBER		PAGE NUMBER		
Serial No.	Name of Product	Assimilable substances (in grams) Contained in 100 grams of product(1)				
		Offals and waste in %	Albumens	Fats	Carbohydrates	Net calories
169	Sauerkraut	-	0.8	0.3	2.8	18
170	Dried cabbage	-	10.2	1.2	42.5	227
171	Fresh carrots	15	0.6	0.2	6.3	30
172	Dried carrots	-	6.1	1.3	50.4	243
173	Fresh beets	15	1.3	0.1	8.1	39
174	Dried beets	-	11.2	0.7	61.6	304
175	Fresh onions	15	0.9	0.1	7.5	36
176	Dried onions	-	10.4	2.4	53.0	282
177	Fresh garlic	20	3.5	0.1	17.2	85
178	Fresh cucumbers	20	0.6	0.1	1.5	9
179	Pickled cucumbers	10	0.2	0.1	0.8	5
180	Tomatoes	15	0.5	0.1	2.8	15
181	Aubergine (eggplant)	15	0.7	0.1	3.3	18
182	Fresh pumpkins (a small kind)	35	0.2	-	1.6	7
183	Turnips	25	0.5	0.1	4.	20
184	Winter rape <i>sativus hybernum</i>	20	0.4	0.1	3.7	18
185	Raphanus <i>sativus sativus</i>	30	0.8	0.1	4.8	24
186	Radishes	25	0.6	0.1	2.3	13
187	Lettuce	25	0.8	0.1	1.5	11
188	Spinach	25	1.8	0.3	2.2	20
189	Sorrel	25	1.2	0.3	2.1	16
190	Dry culinary herbs	-	0.7	1.7	50.9	228
191	Edible boletus (mushroom)	25	3.5	0.3	3.7	30

(1) Trans. note: Change in wording due to an oversight in preceding pages

**POOR ORIGINAL**

INTELLIGENCE TRANSLATION		REGISTRY NUMBER		PAGE NUMBER	
Serial No.	Name of Product	Assimilable substances (in grams) contained in 100 grams of product(1)			
		Otfa's and waste in	Albumens	Fats	Carbohydrates
192	Iry (boletus) mushrooms	-	22.0	2.3	31.1
193	Marinated mushrooms	-	6.5	1.2	17.9
194	Fresh brown mushrooms	25	1.7	0.4	1.1
195	Green peas, dried	-	18.9	1.4	37.3
196	Horseradish	35	0.9	0.1	5.1
197	Tomato paste 30%	-	5.2	-	17.4
198	Tomato puree 12%	-	2.1	-	7.0
199	Pumpkin	30	0.9	0.1	2.4
200	Watermelon	40	0.3	-	2.2
201	Huskmelon	35	0.4	0.1	3.7
202	Canned "Stuffed pepper"	-	1.4	5.0	8.1
203	Canned "Stuffed aubergine"	-	1.2	5.1	7.7
204	Canned "Sautéed aubergine"	-	1.2	13.5	5.6
205	Canned "Sautéed pumpkin"	-	1.2	7.4	5.2
206	Canned "Caviar with eggplant"	-	1.4	11.3	4.7
207	Canned "Caviar with pumpkin"	-	1.5	6.3	8.4
VI. Fruits and berries (The waste and "rejects" include stones and seeds)					
208	Fresh apples	10	0.2	--	9.8
209	Dried apples	-	1.0	1.6	48.7
210	Fresh pears	10	0.2	-	7.4
211	Dried pears	-	1.5	0.3	52.9

(1) Trans note: Change in wording due to an oversight in preceding pages

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER	PAGE NUMBER			
Serial No.	Name of Product	Offals and waste in %	Assimilable substances (in grams) Contained in 100 grams of product (1)			
			Albumens	Fats	Carbohydrates	Net calories
212	Fresh cream	15	0.4	-	7.7	33
213	Dried black plums	-	1.7	0.4	55.8	243
214	Fresh apricots	15	0.7	-	8.4	38
215	Dried apricots (without stones)	-	2.2	-	55.3	235
216	Fresh cherries	20	0.6	0.3	7.3	35
217	Fresh grapes	5	0.7	-	13.0	56
218	Dried grapes (raisins)	-	1.8	0.3	62.7	269
219	Raspberries	15	0.2	-	3.8	16
220	Strawberries	10	0.3	0.3	4.6	23
221	Red bilberries	10	0.1	-	1.2	5
222	Whortleberries	2	0.5	-	4.7	22
223	Red currants	6	0.2	-	5.4	23
224	Black currants	2	0.2	0.5	5.4	27
225	Cranberries	2	0.2	-	6.8	28
226	Gooseberries	2	0.3	-	6.6	28
227	Oranges	25	0.6	-	4.1	19
228	Mandarines	25	0.6	-	6.4	29
229	Lemons	-	0.5	-	0.9	6
230	Dried dates	-	1.3	0.5	64.9	276
231	Dry compote (on an average)	-	1.2	0.9	51.2	223
232	Canned fruits (average)	-	0.5	-	43.0	178
VII. Other products						
233	Sugar	-	-	94.7	388	

(1) Trans. Note: Change in wording due to an oversight in preceding pages

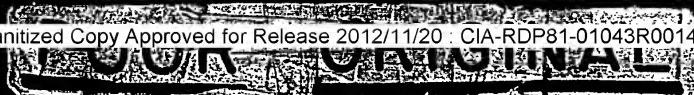
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INTELLIGENCE TRANSLATION	REGISTRY NUMBER	PAGE NUMBER
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Assimilable substances (in grams)  
Contained in 100 grams of product(1)

Serial No.	Name of Product	Oils and waste in product	Albumens	Fats	Carbohydrates	Net calories
234	Bee honey	-	1.0	-	75.9	315
235	Chocolate	-	3.2	28.9	48.6	481
236	Sugar plums	-	0.7	0.2	93.9	390
237	Pastry	-	-	-	66.7	274
238	Jam	-	-	-	68.0	279
239	Boiled fruit	-	-	-	59.4	244
240	Marmalade	-	0.4	-	55.3	229
241	"Kissel" concentrate	-	0.2	-	82.0	337
242	Various berry syrups	-	-	-	51.2	210
243	Powdered cocoa	-	16.4	18.7	35.1	385
244	Dry walnuts, hulled	-	11.7	19.7	11.7	558
245	Fresh pressed yeast	-	16.2	1.3	5.5	101

(1) Trans. note: Change in wording due to an oversight in preceding pages



INTELLIGENCE TRANSLATION		REGISTRY NUMBER	PAGE NUMBER 120					
Table Showing Vitamin Content in Food Products (in milligrams)								
		Contained in 100 grams of product						
Name of products		A	B <sub>1</sub>	B <sub>2</sub>	C			
<b>I. Bread, flour and groats</b>								
1. Black rye bread		-	0.15	0.07	-			
2. White wheat bread		-	0.07	0.05	-			
3. Simple rye flour		-	0.22	0.14	-			
4. White wheat flour		-	0.11	0.07	-			
5. Soy meal (flour)		-	0.13	-	-			
6. Buckwheat groats		-	0.50	-	-			
7. Barley groats		-	0.20	0.15	-			
8. Oat meal		-	0.30	0.06	-			
9. Peas		-	-	0.09	-			
10. Lentils, beans		-	0.16	0.05	-			
<b>II. Meat and fish products</b>								
11. Beef		0.03	0.15	0.17	1.2			
12. Mutton		-	0.13	0.12	-			
13. Pork		0.04	0.34	0.20	1.3			
14. Veal		-	0.14	0.23	1.3			
15. Liver		28.0	0.37	1.61	31.6			
16. Kidneys		0.17	0.47	1.50	10.2			
17. Heart		-	0.60	0.83	4.0			
18. Livers		-	0.18	0.67	-			
19. Tongue		-	0.27	-	-			
20. Ham		-	0.52	0.30	-			
21. Bacon		-	0.35	0.09	-			

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER		PAGE NUMBER
				121
		Contained in 100 grams of product		
Name of Products		A	B <sub>1</sub>	B <sub>2</sub>
22	Hen	-	0.16	0.16
23	Pike perch	0.06	-	0.03
24	Carp	0.20	0.09	0.02
25	Herring	0.04	0.02	0.17
26	Cod	-	0.06	0.09
27	Salmon	0.01	0.06	-
28	Perch	-	-	0.04
29	Pressed caviar	0.25	-	-
III. Milk products and eggs				
30	Fresh cow's milk	0.12	0.15	0.17
31	Condensed milk	0.25	0.10	-
32	Dried milk	0.60	0.25	-
33	Cream, sour cream	0.60	0.05	-
34	Butter (fresh and boiled)	1.20	-	-
35	Cheese	0.90	0.03	0.36
36	Eggs (1 egg)	1.30	0.07	0.16
IV. Vegetables, mushrooms and onions				
37	Potatoes	0.02	0.07	0.04
38	Fresh cabbage	0.02	0.14	0.07
39	Sauerkraut with brine	0.02	0.02	0.07
40	Sauerkraut without brine (not fresh)	0.02	0.02	0.02
41	Red carrots	7.65	0.10	0.07
42	Beets	0.01	0.12	0.08
43	Onions	0.02	0.07	0.01
44	Cucumbers	0.06	0.06	-
45	Red tomatoes	1.70	0.07	0.04

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER	PAGE NUMBER 122		
		Contained in 100 grams of product			
Name of Products		A	B <sub>1</sub>	B <sub>2</sub>	C
46	Eggplant	0.01	-	-	12.7
47	Pumpkins (small kind)	-	-	-	10.0
48	Turnips	0.07	0.06	-	15.0
49	Winter rape	-	0.05	0.20	24.0
50	Radish	-	0.06	0.01	15.0
51	Lettuce	0.01	0.14	0.07	7.5
52	Spinach	4.0	0.10	0.18	40.0
53	Sorrel	6.0	0.10	0.18	45.0
54	Fresh mushrooms	-	0.04	-	4.0
55	Tomato paste	1.0	0.06	0.04	30.0
56	Pumpkin	0.14	0.03	0.02	5.6
57	Musk-melon	-	0.03	0.03	13.0
58	Watermelon	0.60	0.02	-	4.2
V. Fruits and berries					
59	Fresh apples	0.09	0.04	0.04	6.3
60	Fresh pears	0.01	0.05	0.09	3.6
61	Fresh plums	0.08	-	0.04	4.2
62	Dried black plums	2.2	0.02	-	4.2
63	Fresh apricots	1.7	-	0.01	6.0
64	Dried apricots	5.0	0.04	0.06	-
65	Fresh peaches	0.45	0.04	0.06	9.0
66	Fresh cherries	0.24	-	-	12.0
67	Fresh grapes	0.02	-	0.01	2.8
68	Raisins	0.10	0.015	-	-
69	Cranberries	-	-	-	10.0
70	Gooseberry	0.10	-	-	50.0

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Contained in 100 grams of product

Name of Products	A	B <sub>1</sub>	B <sub>2</sub>	C
71. Cranberries	0.09	-	-	13.0
72. Whortleberries	0.70	-	-	5.0
73. Red currants	-	0.07	-	28.0
74. Black currants	0.70	0.06	-	300.0
75. Raspberries	0.25	0.07	-	25.0
76. Strawberries	0.05	-	-	27.0
77. Oranges	0.22	0.06	0.03	30.0
78. Lemons	0.30	0.05	-	30.0
79. Mandarines	0.45	0.06	-	22.5
VI. Various				
80. Dry yeast for making bread	-	2.6%	4.0	-
81. Wild rose	5.0	-	0.01	300.0
82. Pine and fir needles	5.0	-	-	70.0

## INDEXES of the conservation of vitamin "C" with culinary treatment of products

(in percents of the initial contents of vitamin "C" in the raw products.

Serial No.	Name of dish	% of Conservation
1	Shchi made from sauerkraut (boiling one hour)	50
2	Shchi, standing on a hot range for 3 hrs	20
3	Shchi, standing on a hot range for 6 hrs	10
4	Potato soup, (immediately after it is prepared)	50
5	Potato soup, standing on a hot range for 3 hrs	30
6	Potato soup, standing on a hot range for 6 hrs	traces
7	Soup made of beet leaves and wild greenstuffs	50
8	Cabbage boiled with its liquor (boiled one hour)	50
9	Stewed cabbage	15
10	Potato puree	20

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Serial No.	Name of dish	% of Conservation
11	Potatoes, fried raw, cut up in small pieces	35
12	Potatoes, peeled and boiled (boiled for 25 ~ 30 min)	60
13	Potatoes boiled in the skin (boiled for 25 ~ 30 min)	75
14	Potatoes raw and peeled (whole tubercles) lying in water for 24 hours at room temperature.	80
15	Boiled carrots	40

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## Appendix No. 2

**PROVISIONAL NORMS for waste in the "processing" (dressing, peeling etc) of food products and of the yields of prepared food in the troop units and establishments of the Armed Forces of the USSR**

Serial No.	Name of products and the food ready to serve ("finished" product)	Gross wt. of products in grams	Waste with cold "processing"					Remarks
			In %'s	Wet wt. of "semi-prepared" food in grams	Losses in wt. in cooking in %'s of the wt. of the semi-prepared food	Yield of prepared (ready cooked product) in grams		
1	Meat							
1	Meat boiled and stewed:							
	of more than average fatness..	100	24	76	38	47		
	of average fatness .....	100	26	74	38	46		
	of less than average fatness..	100	28	72	38	45		
2	Meat fried in portions for serving (breaded) .....	100	26	79 <sup>1)</sup>	37	50		
3	Meat stewed for beef stroganov, azu, goulash:						without sauce	
	Above average fatness .....	100	24	76	37	48		
	Average fatness .....	100	26	74	37	47		
	Less than average fatness.....	100	28	72	37	45		
4	Corned beef boiled .....	100	30	70	37	44		
5	Corned mutton boiled .....	100	25	75	33	50	brisket with bones, hind leg, shoulder, neck -- actual meat	
6	Mutton stewed with bones for ragout (brisket, neck) without shoulder blade bone .....	100	14	86	30	60	without sauce	
7	Mutton stewed with bones for ragout from the whole carcass (hind legs, shoulders without bones) .....	100	14	86	30	60	Without sauce. Including actual meat in pieces of not less than 40g.	

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Serial	Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams in lbs	Waste with cold "processing" Net wt. of "semi-prepared" food in grams	Losses in wt in cooking in % of the wt of the semi-prepared food	Yield of prepared (ready cooked) product in grams	Remarks
8	Mutton boiled and fried without bones: more than average fatness, 100 average fatness 100 less than average fatness 100	25 75 30	75 70	36 36 36	48 47 45	
9	Boiled pork .....	100	15	85	40	without bones
10	Fried pork .....	100	15	85	32	without bones rusk for breading, 10 grams.
					58	yield of actual meat 26% losses in boiling 14% waste in dressing.
11	Pork cutlets from the brisket with bone .....	100	19	91	32	62
12	Boiled tongue of beef, without throat.....	100	--	100	26/14	60
13	Fried liver .....	100	7	98 <sup>2</sup>	23	76
14	Boiled heart of beef .....	100	9	91	43	52
15	Fried brains (in flour)...	100	13/25	70 <sup>3</sup>	8	64 13% waste with cold dressing 25% loss in boiling
16	Boiled beef kidney.....	100	7	93	47	50
17	Boiled hog's head .....	100	2	98	55	44 without bones
18	Boiled hen .....	100	33	67	25	50
19	Boiled fryers.....	100	37	63	25	48
20	Fried fryers .....	100	37	63	31	44
21	Fried Goose .....	100	38	62	40	37
22	Fried duck .....	100	41	59	35	39
23	Fried tearoom sausage ....	100	2	98	15	83

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Serial	Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams	Waste with cold processing in g.	Net wt of semi-prepared food in grams	Losses in wt. in cooking in % of the wt. of the semi-prepared food	
					Yield of prepared (ready cooked) product in grams	
24	Galantine made of cattle and hog's feet .....	100	20	80	--	125
25	Ground beef, round rissole .....	100	26	121 <sup>4</sup>	19	100
26	Ground pork, round rissole .....	100	15	139 <sup>5</sup>	20	111
27	Meat balls .....	100	26	121 <sup>6</sup>	13	107
28	Beef roll .....	100	26	121 <sup>7</sup>	12	105 without stuffing
29	Minced meat .....	100	26	154 <sup>8</sup>	15	130

Remarks on section 1.

1. This includes: rusk for breading, 5 grams.
2. This includes: flour for breading, 5 grams
3. This includes: flour for breading, 5 grams
4. This includes: wheat bread, 18 grams; water, 24 grams; rusk or flour for breading 7 grams. Instead of 18 grams of wheat bread, one can use 37 grams of boiled potatoes.
5. This includes: wheat bread, 21 grams; water, 25 grams, rusk or flour for breading, 8 grams.
6. This includes: wheat bread, 18 grams; water, 20 grams; flour for breading, 8 grams; onions, 10 grams.
7. This includes: wheat bread, 18 grams; water, 24 grams; rusk or flour for breading, 3 grams.
8. This includes: wheat bread, 18 grams; water, 24 grams; stuffing, 30 grams, rusk or flour for breading, 8 grams.

INTELLIGENCE TRANSLATION		REGISTRY NUMBER		PAGE NUMBER					
Serial No.	Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams	Waste with cold "processing" in %'s.	Net wt of "semi-prepared" food in grams	Losses in wt in cooking in %'s of the wt of the semi-prepared food	Yield of Prepared (ready-cooked product) in grams	Remarks.		
<b>II. Ready cooked fish products</b>									
A. Fresh fish									
1	Pike perch, boiled in portions.....	100	38	62	20	50			
2	Bream, boiled in portions	100	31	69	20	55			
3	Carp, boiled in portions	100	43	57	20	46			
4	"Kutum" (a Caspian sea-fish), boiled in portions	100	40	60	20	48			
5	Caspian roach, boiled without the head.....	100	35	65	20	52			
6	Fresh herring, boiled without head.....	100	35	65	20	52			
7	Pike, boiled in portions	100	30	70	20	56			
8	Sheat-fish, boiled in portions.....	100	35	65	25	49			
9	Codfish boiled, coming in without head (in portions)	100	10	90	18	74			
10	Boiled cod-pressed fillet	100	2	98	18	80			
11	Boiled plaice, in portions	100	35	65	18	53			
12	Navage, with head and roe (only in the fried form) without skin	100	30	75	21	59 flour for breading 5 grshs			
13	Siberian and white salmon, barbel, boiled in portions	100	31	69	20	55			
14	Sturgeon, boiled in pieces for serving.....	100	33	67	17	56			
15	White sturgeon, boiled in portions for serving.....	100	36	64	15	54			
16	Boiled sterlet .....	100	42	58	20	46			

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Serial No.	Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams	Waste with cold "processing" in %'s.	Net wt. of "semi-prepared" food in grams	Losses in wt. in cooking in %'s of the wt. of the semi-prepared food	Yield of prepared (ready cooked product) in grams	Remarks
17	Various small fish, boiled and weighing up to 75 grams without the gills	100	20	80	28	57	
18	Ground Fish, round rissole..... B. Salt fish (1)	100	50	89 <sup>3</sup>	15	77	
19	Pike perch boiled in portions for serving.....	100	26	74	17	61	
20	Bream, boiled in portions for serving .....	100	26	74	17	61	
21	Pike, boiled in portions for serving .....	100	26	74	17	61	
22	Carp, boiled in portions for serving .....	100	28	72	17	60	
23	Cod boiled without heads (in pieces for serving)	100	13	87	17	72	
24	"Zherekh" (Coregonus muksum) boiled in portions for serving ....	100	21	79	16	66	
25	Siberian salmon, boiled in portions for serving	100	26	74	17	61	
26	Sheat fish, boiled in pieces for serving.....	100	21	79	16	66	
27	Herring without head and tail but with bones....	100	40	60	11	60	
28	Caspian roach, boiled with the head .....	100	15	85	15	72	
29	Plaice, boiled in portions for serving .....	100	35	65	17	54	
30	Ground fish, round rissole , .....	100	44	95 <sup>8</sup>	15	80	

Remarks pertaining to Section II

- 1) The actual yield of the fish portions is shown with normal soaking for 10-12 hours.

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- 2) In the fried form, the yield of fresh and salted fish is increased by 5 grams by the addition of the flour needed for breading.
- 3) This includes: ~~what~~ bread, 15 grams; water, 17 grams; rusk or flour for breading, 7 grams.

The food wastes obtained in the dressing of fish must be utilized:

- a) The roe, hard and soft, of all fish -- for the preparation of dishes in the boiled or fried form;
- b) the heads (without the gills and the eyes), tails, fins, bones: pike perch, sheat-fish, pike, salmon, Siberian salmon, sturgeon, white sturgeon (beluga) must be used for the preparation of bouillon.
- c) "Vizige" (dried spinal cord of cartilaginous fish) of sturgeon in the boiled form in soups and for stuffing.

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Serial	Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams	Waste with cold "processing" in % s.	Wet wt. of "semi-prepared" food in grams	Losses in wt. in cooking in % s. of the wt. of the semi-prepared food	Yield of prepared (ready-cooked product) in grams	Remarks
	131. Delicatessen products.						
1.	Sausage made of minced ham	100	2.0	98	--	98	
2.	Boiled sausage and half-smoked sausage .....	100	2.0	98	--	98	
3.	Smoked sausage .....	100	2.0	98	--	98	
4.	Paris (small) sausage.....	100	--	100	--	100	
5.	Boiled ham (with skin)....	100	27	73	--	73	
6.	Boiled ham-shoulder (with the skin).....	100	22	78	--	78	
7.	Poiled ham - beef roll....	100	4	96	--	96	
8.	Smoked ham .....	100	--	100	20/27	58 20% loss in boiling 27% waste in skin and bones	
9.	Smoked brisket.....	100	20	80	--	80	
10.	Dutch cheese .....	100	4	96	--	96	
11.	Sheep's milk cheese.....	100	4	96	--	96	
12.	Russian Swiss and Eekstein cheese .....	100	6	94	--	94	
13.	Smoked herring, with the head and skin but with the bones.....	100	40	60	--	60	
14.	Siberian salmon with little salt .....	100	35	65	--	65	
15.	Senga (kind of salmon) with little salt .....	100	28	72	--	72	
16.	Sevruga (a kind of sturgeon) smoked .....	100	22	78	--	78	
17.	Fillet of white salmon ...	100	24	76	--	76	
18.	Cured fillet of sturgeon	100	23	77	--	77	

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Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams	Waste with cold processing in g's	Net wt. of "semi-prepared" food in grams	Losses in wt. in cooking in %'s of the wt. of the semi-prepared food	Yield of prepared (ready-cooked product) in grams	Remarks
19 Codfish, smoked with skin and bone .....	100	10	90	--	90	
20. Codfish, all meat .....	100	10	90	--	90	
21. Belly of the white salmon .....	100	23	77	--	77	
22. Side of the beluga .....	100	21	79	--	79	

Remarks on Section III

The food wastes obtained in the processing of delicatessen products must be put to use:

1. The skin and bone of ham and brisket must be used for the preparation of bouillon.
2. The hard and soft roe of the herring are served together with the herring

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INTELLIGENCE TRANSLATION		REGISTRY NUMBER				PAGE NUMBER	
Serial	Name of products and the food ready to serve ("finished product")	Gross wt. of products in grams	Waste with cold "processing" in %'s	Net wt. of "semi-prepared" food in grams	Losses in wt. in cooking in % of the weight of the semi-prepared food	Yield of prepared (ready cooked product) in grams	Remarks
<b>IV. Vegetables Foods.</b>							
1	Boiled potatoes	100	25	75	3	73 <sup>1</sup>	
2	Potatoes fried in cubes or slices .....	100	25	75	31	52 <sup>1</sup>	
3	Fried potatoes, first boiled with skin on	100	15	85	17	71	
4	Potato puree (thick)...	100	25	75	--	100 <sup>1</sup>	
5	Potato cake.... . . .	100	25	80 <sup>4</sup>	10	72 <sup>1</sup>	
6	Potato, rolled..... . . .	100	25	105	12	92 <sup>1</sup>	
7	Stewed beets.... . . . .	100	15	85	17	71	
8	Boiled beets ... . . . .	100	15	85	5	81	
9	Boiled carrots.. . . . .	100	15	85	--	85	
10	Stewed carrots..... . . .	100	15	85	17	71	
11	Head of white cabbage, boiled .....	100	15	85	8	78	
12	Head of white cabbage, stewed .. . . . .	100	15	85	21	67	
13	Vegetable marrow, fried	100	20	80	22	63	
14	Egg plant, fried .. . . .	100	5	95	22	74	
15	Fresh tomato... . . . .	100	5	95	--	95	
16	Spring onions..... . . .	100	20	80	--	80	
17	Fresh cucumbers, peeled	100	20	80	--	80	
18	String beans and peas	100	10	90	12	79	
19	Rhubarb..... . . . .	100	25	75	--	75	
20	Fresh mushrooms, boiled and fried... . . . .	100	24	76	50	38	

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Remarks for Section IV

1) The wastes from potatoes should not exceed, up to 1 April, 25%; in April they should not exceed 30%; in May and June, they should not exceed 35%. The waste from young potatoes should not exceed 15%.

As the amount of waste changes, there is also a change in the yield of product ready to eat.

- 2) The waste from the peeling of the potato should be processed to make starch.
- 3) The beet peelings should be used for the making of coloring for borsch.
- 4) This includes 5 grams of wheat flour for breading.

V. Foods from Eggs and Milk

1 Omelet	100	--	135	10	121	Fat 5 grams, water or milk 30 grams
2 Cheese cake	100	--	118	15	100	Flour 12 grams, 2 eggs 1/5.

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## VI. Yields of Porridge of Different Thickness from 100 Grams of Groats

Name of Products

Friable "(short)" Viscous Thin  
porridge Porridge Gruels

Serial		Quantity of water needed, in grams	Yield in food ready to eat, in grams	Quantity of water needed, in grams	Yield in food ready to eat, in grams	Quantity of water needed, in grams	Yield of product, in grams
1	Buckwheat	150	210	340	400	470	550
2	Rice	210	280	320	400	470	550
3	Millet	170	250	320	400	470	550
4	Pearled barley	220	300	350	400	470	550
5	Semolina	--	--	320	400	470	550
6	Sago	320	400	520	600	--	--
7	Oats	--	--	340	400	470	550
8	Wheat	--	--	340	400	--	--
9	Farley	220	300	340	400	470	550
10	From "gaolyan" or "chumizy"	--	--	340	400	--	--
11	Peas, beans, lentils, boiled.....	--	--	180	250	--	--
12	Macaroni noodles, boiled	--	--	340	400	--	--

## Remarks for Section VI

- 1 - The yield of porridge is shown without fat.
- 2 - The water in the viscous porridges: buckwheat, rice, millet, oats, "gaolyan" or "chumizy", pearled barley, semolina, barley is 78 -- 80%, peas, beans and lentils 62 -- 64%.

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**VII. Yields of Groats and Flour Products**

Serial.	Name of product	Gross wt. in grams	Water required in grams	Weight of the prepared products in grams	Losses in cooking in %'s of semi- prepared products	Yield of prepared food in grams	Remarks
1	Rice pudding	100	270	350	20	290	
2	Chopped rice, round rissole	100	270	350	15	300	
3	Millett pudding	100	220	300	16	260	
4	Ground millet rissole(cake)	100	220	300	27	220	
5	Semolina pud- ding.....	100	270	350	20	290	
6	Seminola, round rissole.....	100	270	350	15	300	
7	Pearled barley, round rissole	100	270	350	15	300	
8	Oladys (pancake)	100	--	--	--	180	
9	Waffles .....	100	150	--	--	185	
10	Buns.....	100	45	--	--	130	

## Remarks for Section VII.

The yield for pudding, chopped product and round rissole is given in round figures, assuming 5 grams of rusk and 10 grams of fat, necessary for breading, seasoning and frying.

**VIII. Yields of Finished Food Products Made from Dried Fruits.**

Name of Dried fruit	Wt. in Grams	Yield after boiling, without syrup, in grams
1 Dried apples .....	20	40
2 Dried apricots (with seed)	20	30
3 Dried apricots (without seed)	20	40
4 Seedless raisins	20	30
5 Dried pears	20	40

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Serial	Name of dried fruit	Wt. in grams	Yield after boiling, without syrup, in grams
6	Prunes.....	20	30
7	Stewed fruit mixture .....	20	35
Remarks Remarks for Section VIII. 1 - The norm for dried fruit is calculated for a glass of stewed fruit having a capacity of 200 grams. 2 - For the best boiling, dried apples and pears should be soaked before boiling. Dried fruits should be boiled in the same water in which they were soaked.			
General Remarks 1 - The norms for yields of the first dishes (soups) for military units and ships is 700 grams, and including the thick part not less than 300 grams. The present norms are drawn up for products of the average kind, meeting the requirements of the State All-Union Standards (Gost).			

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Serial No.	Appendix No.3	
PERIODS FOR THE COOKING OF DIFFERENT PRODUCTS		
Name of the products	Time of cooking	Remarks
1. Beef, boiled, 1.5 - 2 kg.....	2-2.5 hr.	
2. Beef, stewed, 20-30 grams	1 hr 15 min.	
3. Meat, fried in portions.....	20-30 min	
4. Fish, boiled in portions	20 mins	
5. Fish, fried	15-20 min	
6. Fish boiled until the bones are softened	1.5-2 hr.	
7. Mutton boiled in pieces 1.5-2 kg	1.5 - 2 hr	
8. Mutton, roasted, in pieces of 1.5 - 2 kg	40-70 min	
9. Pork, boiled in pieces 1.5-2 kg	1-1.5 hr	
10. Pork, roasted in pieces of 1.5 - 2 kg	1.5-2 hr	
11. Ground meat, round rissole	10-12 min	
12. Potatoes, boiled in the skin	30 min	
13. Potatoes, boiled, cut up in pieces	20-25 min	
14. Potatoes, fried on a griddle	15-20 min	
15. Beets, cut up and stewed	40-50 min	
16. Vegetables, sauteed	5-10 min	
17. Beets, with the skin on	1.5 hr	For vinaigrettes
18. Carrots, not peeled	25 min	For vinaigrettes
19. Fresh cabbage, boiled	20-30 min	In the first dish
20. Sauerkraut, boiled	50 min	
21. Sauerkraut, stewed	1.5-2 hr	
22. Fresh cabbage, stewed	1.5 hr	
23. Millet in soup	25-30 min	
24. Millet for viscous gruel	50-60 min	
25. Pearled barley in soup	60 min	
26. Pearled barley for viscous gruel	1.5-2 hr	
27. Buckwheat for viscous gruel	50-60 min	
28. Rice in soup	30-35 min	
29. Rice for thick gruel	40-50 min	

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30 Oatmeal in soup	40-50 min	
31 Oatmeal for thick gruel	1.5-2 hr	
32 Semolina	15 min	
33 Wheat groats in soup	40-50 min	
34 Wheat groats for thick gruel	1.5-2 hr	
35 Macaroni, boiled	30-40 min	
36 Noodles, boiled	25-30 min	
37 Vermicelli, boiled	12-15 min	
38 Shelled peas	45 min	
39 Unshelled peas	2-2.5 hr	
40 Beans and lentils	1.5-2 hr	
41 Potatoes, dried raw	45-60 min	
42 Soy meal, decolorized	30-40 min	
43 Carrots and parsley sauteed	15-20 min	
44 Bulb onions sauteed	10-15 min	
45 Greenstuff (sorrel, spinach, goose-foot) boiled	5-10 min	
46 Greenstuff (leaves from garden plants) boiled	15-20 min	

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## Appendix No. 4

## Approximate Table

## Kitchen Vessels, Equipment and Inventory

Name of Equipment, Vessels and Inventory	Regimental Kitchen	Battalion Kitchen	Remarks
1 Kettles, capacity 300 liters..	5	3	
2 Iron range No. 21	1	--	
3 Iron range No. 19		1	
4 Boiler "K-200"	2	1	
5 Kitchen tables	8	6	
6 Tables for peeling (cleaning of potatoes and vegetables	2	1	
7 Concrete vats, 1000 x 800	7	5	
8 Mechanical potato peeler	1	1	
9 Hand potato peeler	2	1	
10 Mechanical vegetable chopper	1	1	
11 Hand vegetable chopper	2	1	
12 Mechanical meat cutter	1	1	
13 Hand meat cutter	2	1	
14 Range kettles 20-30 liters	4	2	
15 Range kettles 50-80 liters	3	2	
16 Iron griddles	12	8	
17 Deep skillets (drip pan) for sauteeing vegetables	2	1	
18 Stewing Pot	2	1	
19 Frying pans	8	4	
20 Scoops	4	3	
21 Large soup ladles	2	1	